California State University, Sacramento

The State Hornet

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PARKING PROBLEMS

Traffic congestion around Sac State's campus continues to delay commuters

By Imran Majid

The Sacramento State Police Department met with University Transportation and Services Friday to discuss possible solutions to traffic congestion due to an "unprecedented number of cars."

Police Chief Mark Iwasa said numerous people are complaining about the long lines of traffic in the morning, likely related to Sac State's 8,000 new students.

"[Students] are trying to enter parking structures that are full and then have to go somewhere else (and) find out that one is full," Iwasa said. "We're going to try and make it easier on them."

Iwasa said most students attempt to park in Parking Structures I and II. They are the two closest parking structures to the main educational halls, but typically fill up early in the morning.

"It's not just us waving [students] through intersections," Iwasa said. "They are actually getting through the intersections pretty well, but then they are bogging down our campus roadways and there's just nowhere for them to go."

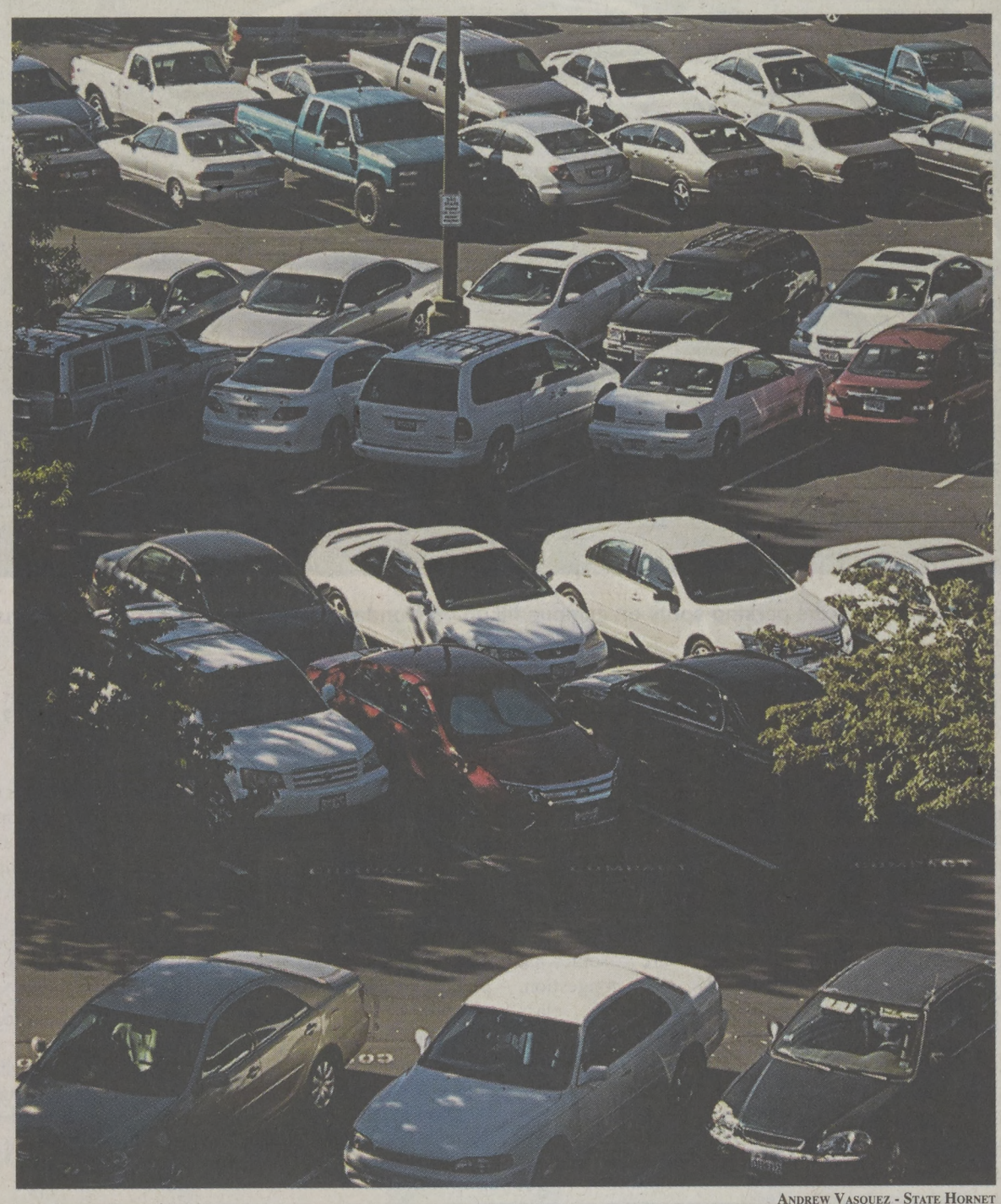
UTAPS Director Tony Lucas said the combination of students looking for parking spaces, added to the large number of students already in parking areas, are among the reasons for roadway congestion.

"It's that combination of students coming into campus and students having missed a place to park and continuing to search for a place which is causing a lot of our backlog," Lucas said.

Both Iwasa and Lucas said there are many open spaces in the other lots, farther away from the center of campus.

The police are also working with UTAPS to ad-

PARKING, PAGE A2



ANDREW VASQUEZ - STATE HORNET

Hundreds of cars fill the spots of Parking Lot 8 during the peak hours of Monday morning.

CSU Trustees set to discuss raised budget

By Jonathan Ayestas

The California State University Board of Trustees will meet to discuss budget increases due to Proposition 30, and will award scholarships to 23 students from each of its campuses on Sept. 24 and 25.

Erik Fallis, CSU Media Relations Manager, said there is fallout from years of budget cuts still lingering and with the additional funds this year, some critical needs that have suffered neglect will be addressed and with any luck, mended.

The board is also likely to cover topics in progress or anything else that follows up on the budget conversation.

Fallis said one probable subject to be addressed is the Student Success Initiative, designed to provide additional experiences beyond the classrooms.

With the additional funds, the goalis to allow students to succeed by avoiding bottleneck situations and getting them aware of prerequisite courses and the programs that require them.

The idea is to avoid having students take or repeat classes they do not need. When students fail a class or register for a class that is not a necessity, it

TRUSTEES, PAGE A5

Sac State named top 10 in transfers

By Kathleen Pizzo

In a nationwide survey by U.S. News and World, an online college ranking magazine, Sacramento State was ranked eighth among 1,200 campuses for percentage of transfer students accepted.

Sac State had an acceptance rate of 86.8 percent, or 3,556 students, during the fall 2011 semester, according to the report.

Ed Mills, associate Vice President for Student Affairs Enrollment, said there are a number of reasons for the school's ranking.

"We serve a very large regional transfer population," Mills said.

The closest district is the Los Rios Community College District, which is among the state's largest community college districts that include Sacramento City College, American River College, Cosumnes River College, and Folsom Lake College.

Aside from that, many students transfer from schools such as Sierra College, Solano Community College, the San Joaquin Delta College and a number of others surrounding the Sacramento area.

Sac State journalism major, Kibby Stahl, 21, transferred from American River College in the fall.

"I definitely felt a change of pace and a better crowd at Sac State," said Stahl, who had originally moved to Sacramento to be closer to family, but began to appreciate the surrounding resources like the state's capitol.

TRANSFER STUDENTS, PAGE A3



SEAN CHIN - STATE HORNET

Nursing pre-majors prepare for class in Folsom Hall on Monday.

Health programs work together in Folsom Hall

By Daisy Aguilar

The College of Health and Human Services is looking to move all the health services into Folsom Hall by 2015 to form a joint center for health professions.

With the nursing program being the first to move in 2010 and physical therapy recently moving this fall, the goal is now to move the speech pathology and audiology program to better prepare students to interact with each other.

"We wanted to establish a center for all health professions there," said Fred Baldini, Dean of the College of Health and Human Services. "The notion was to try to bring the programs that are related to health services all in the same location because that is how it is in the real world."

Baldini said health care is provided in an interdisciplinary approach. Nurses, speech pathologists and physical therapists work closely together.

Exposing students to more innovative equipment and scenarios, and collaborating with other majors would enhance the

NURSES, PAGE A5

New campus club provides sex education

By Kathleen Pizzo

Choice USA is a new club at Sacramento State that focuses on reproductive awareness and comprehensive sex education.

Brought to Sac State earlier this year by Mackenzie Buchanan, Choice USA values embracing sexuality as a positive and healthy component of human development and envisions a world where all people have agency over their own bodies.

After receiving an email from the Women's Resource Center informing her the nationwide organization was accepting applications for a training conference, Buchanan decided to learn more about the group.

"I had never heard of them before," said Buchanan, a 21-year-old family studies major. "I just saw on their website that the organization was youth-led and youth-aimed and offered leadership opportunities – so I was in."

Buchanan was accepted into the conference and soon after gained the support of women's and family studies major Melissa Davidson. The two brought the ideas to the Student Organization and Leadership office and became chartered as an official on-campus club in spring 2013.

"It was when I declared my major, I just decided that this was what I wanted to get into," Davidson said.

Buchanan said the Sac State chapter of Choice USA's main goal is to promote the reproductive justice movement defining as a human right the ability to make healthy decisions about one's body, sexuality and reproduction for oneself. It provides resources in the community such as free contraceptives and sexually transmitted disease testing and it promotes sex positivity, according to the Choice USA website.

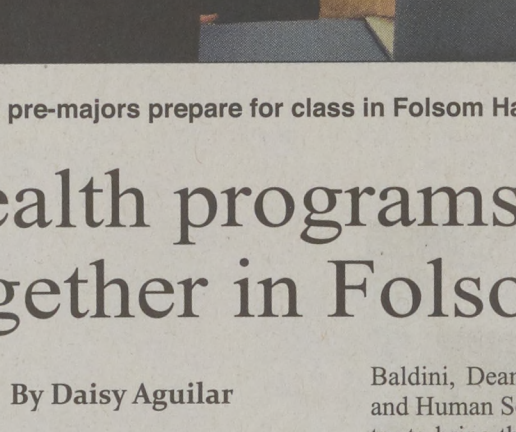
"We want our students to know what our campus has to offer and what Sacramento has to offer," Buchanan said

So far this year, the group has recruited several members through tabling in the campus quad. The club has collected more than 100 signatures on a petition for comprehensive sex education in schools and lobbied in Washington D.C.

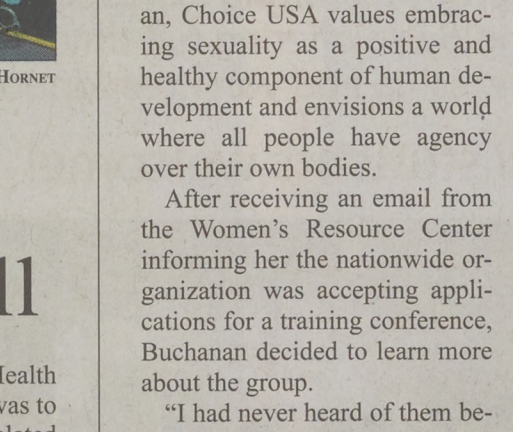
During the summer, Buchanan

CHOICE USA, PAGE A4

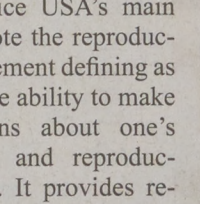
INSIDE



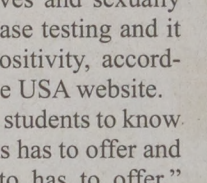
COMMUNITY: Sean Chin captures the campus car show A7



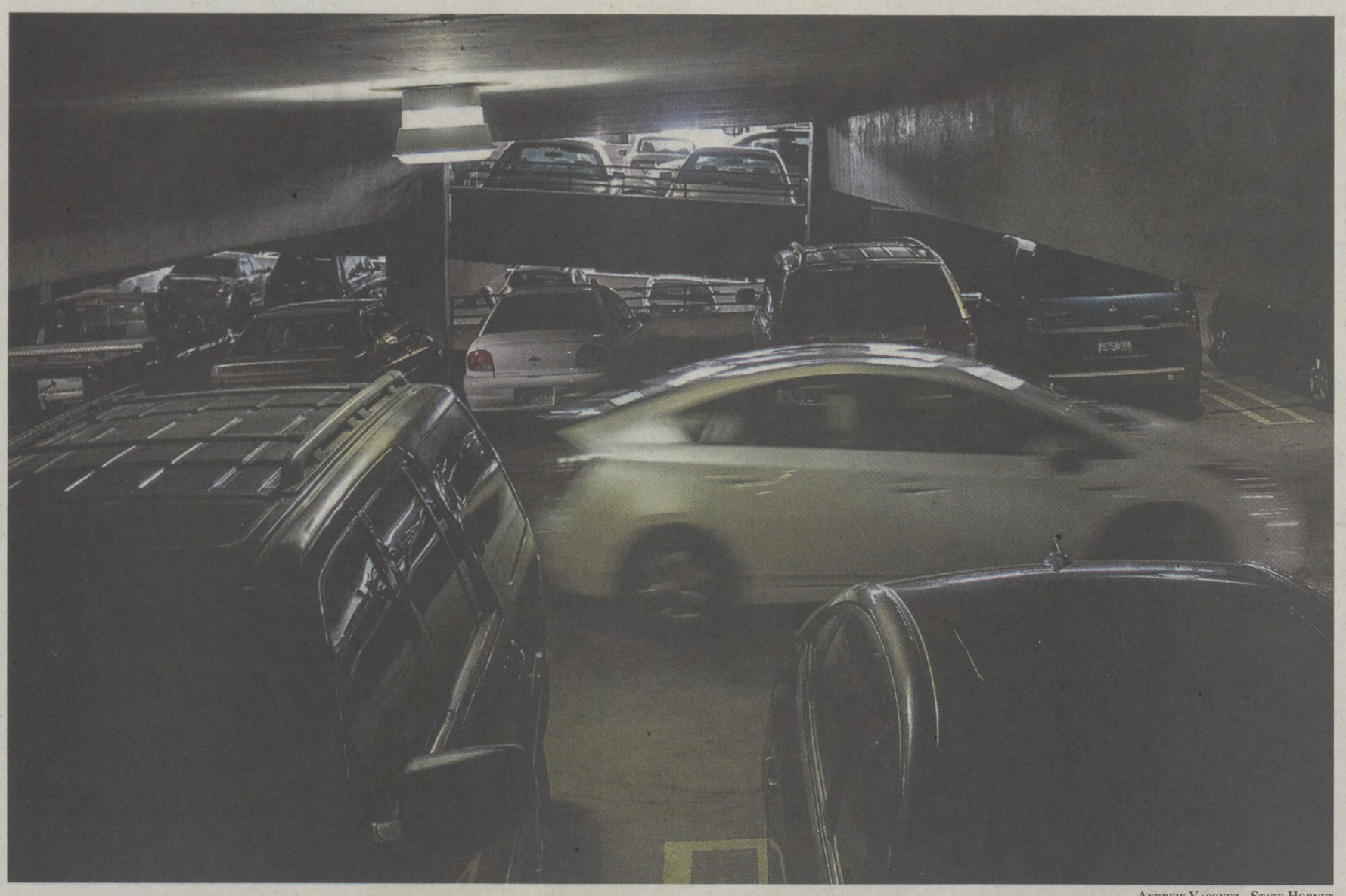
SPORTS: Hornets win home opener in overtime B1



OPINION: Marijuana reaps benefits A8



ARTS: Performing arts on display B4



ANDREW VASQUEZ - STATE HORNET

Students drive up to the top of Parking Structure III as the parking spots on campus fill up on Monday. There are 2,938 spots in the structure.

PARKING: Hot-button topic among administrators

CONTINUED, A1

vise students when a parking structure is full so they can be rerouted to other lots.

UTAPS and Public Affairs have talked to further publicize its Sac State UTAPS Facebook page, which contains multiple daily updates and statistics regarding parking availability.

Lucas said the goal is to let students know the campus parking situation so they can plan their route accordingly. He also said he hopes students will not drive by an open parking space.

"The sooner you park, the sooner you get off the street, the less traffic congestion we have on campus," Lucas said.

According to the Sacramento State police log, as of Saturday, there have been five reported traffic accidents and 10 hit-and-runs with property damaged since the semester began.

Iwasa said students are arriving back to their vehicles and finding damage. Hitting a parked car is not a crime, but fleeing the scene is.

Sac State Parking: Quick Facts

- There are approximately 10,000 parking spots on campus available for students
- There are nearly 1,800 parking spots for faculty and staff
- Most spots on campus are filled by about 11 a.m.

"People are somewhat frustrated with congestion, frustrated with their class schedule," Iwasa said. "They are very on edge early in the semester. They are not yet settled."

Rachel Chaudoir, a 19-year-old apparel marketing and design major, said she likes to park in parking structures because its shaded and closer to her classrooms.

"It's been really tough (to find parking)," Chaudoir said. "It takes at least a half hour or 20 minutes to find parking every day – especially Tuesdays and Thursdays."

Chaudoir said this is her first semester parking on campus and while she has no problem parking in the mornings, parking is worse later in the afternoon.

Biological sciences major Brittany Dykes, 19, said she likes the parking structures because they are closer to her classes.

"If I came later in the day and the parking structure was full, I will park in the lots," Dykes said. "It's not preferred (but) it is what it is."

Police Log

Hit-and-run with property damage
Time: Sept. 9 11:04 a.m.
Location: Parking Structure I
The victim reported damage to a vehicle and an officer helped with the exchange of information.

Traffic accident
Time: Sept. 9 11:16 a.m.
Location: Parking Structure II
A car accident occurred without injury. An officer helped with the exchange of information.

Public Drunkenness
Time: Sept. 9 11:41 a.m.
Location: Library
Officers noticed a suspicious man who was found to be under the influence of alcohol. The man was arrested and booked into Sacramento County Jail.

Report of theft
Time: Sept. 9 3:39 p.m.
Location: Sutter Hall
A bike was stolen by an unidentified suspect between Sept. 6 at 4 p.m. and Sept. 9 at 6 a.m. The report was taken but the case is closed.

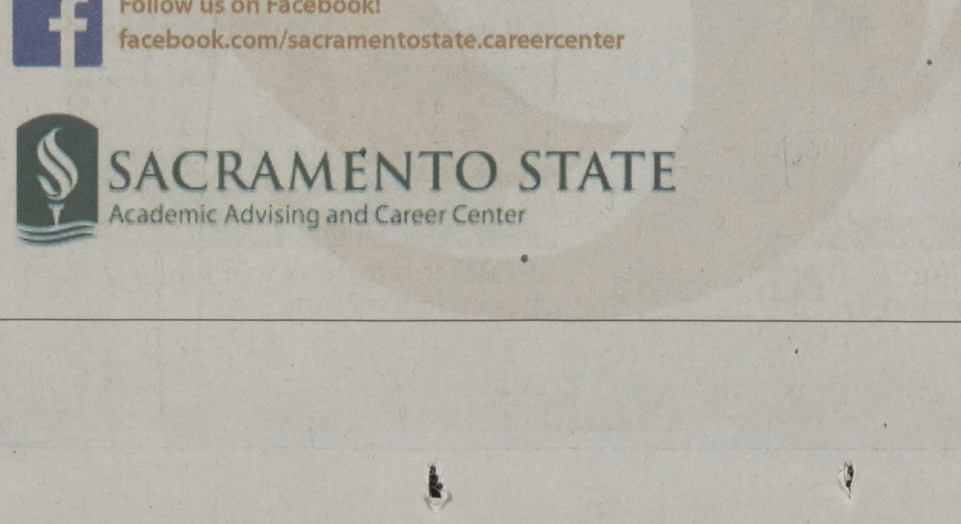
Hit-and-run with property damage
Time: Sept. 9 5:51 p.m.
Location: Parking Structure I
A woman reported damage to her vehicle, occurring sometime between 9 a.m. and 5:50 p.m.

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SACRAMENTO STATE
Academic Advising and Career Center

2013

TRANSFER STUDENTS: Campus looks to accomodate more undergrads

CONTINUED, A1

Along with Sac State's connection to nearby districts, Mills said that the university works hard to be transfer-friendly.

University admissions counselors connect with community colleges by meeting with students on a regular basis and post-transfer in an effort to help students succeed.

"We want to make sure that all our prospective transfer students know what they need to do to qualify for admission," Mills said. "That's one of the reasons why we have a high acceptance rate."

Gabrielle Hoskins, 23-year-old biology major, said she transferred from UC Santa Cruz in 2009 because she was unhappy with the class sizes and appreciated the relative intimacy Sac State had to offer.

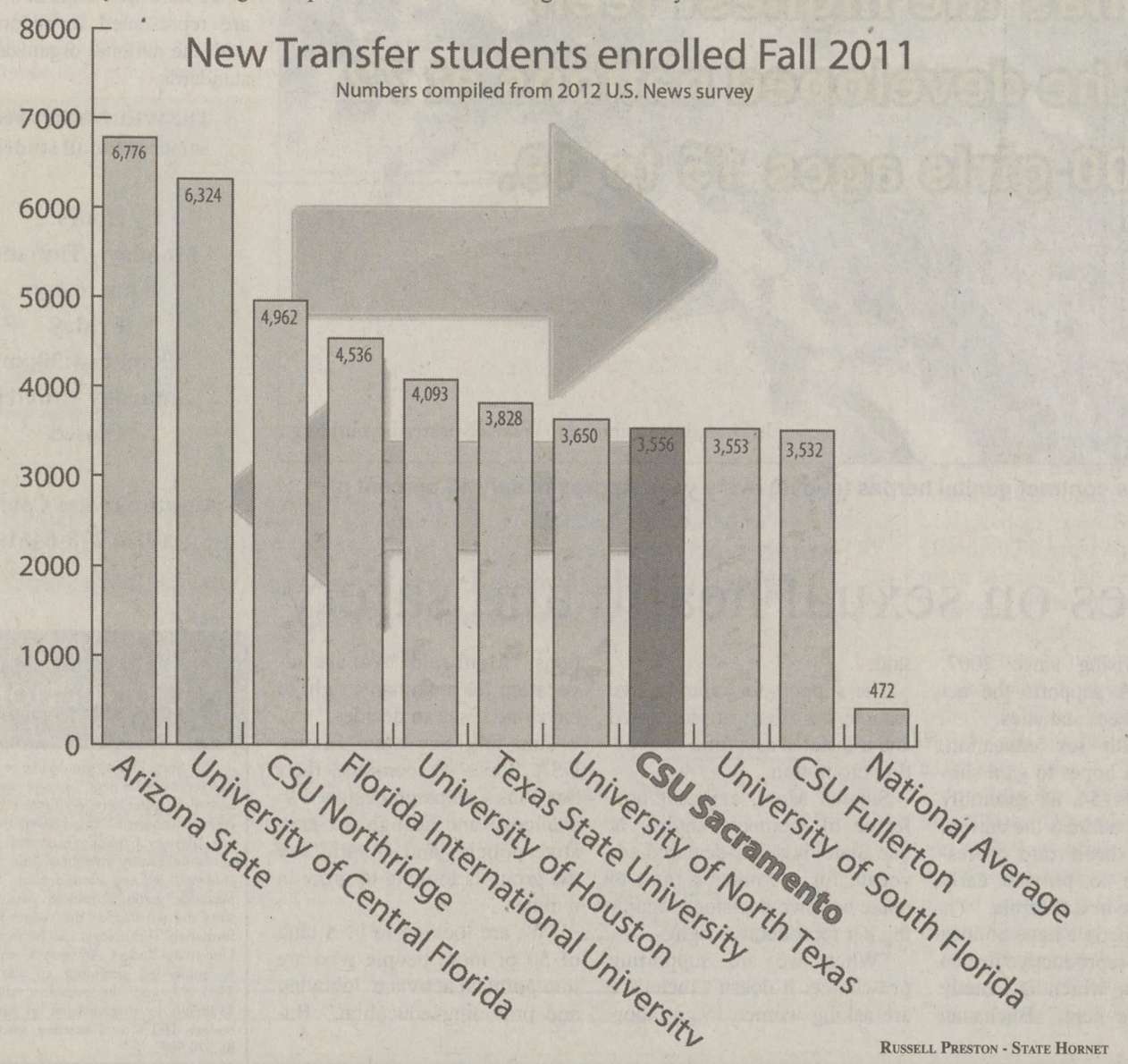
"I came to (Sac State) because they were one of the few schools I could find still accepting lower-division transfers," Hoskins said.

She is currently an orientation leader on campus and says because of her job, she comes in contact with many other transfer students.

"I think that being a transfer myself helped me relate to (other transfers)," Hoskins said. "I feel like I've learned some things that will help other transfer students succeed here."

Mills said transfer students who have taken prerequisites elsewhere also have an easier time getting into their major courses at Sac State.

"We are a very strong transfer University with an active community of students, faculty and staff who focus a great deal of time and attention on helping transfer students succeed," Mills said.



RUSSELL PRESTON - STATE HORNET

New bill to help Cal Grant system

By Matthew Urner

The California Legislature closed the legislative year Thursday after passing some monumental pieces of legislation for Cal Grant recipients, especially those who recently disqualified.

Assembly Bill 1287, authored by Assemblywoman Sharon Quirk-Silva, will make it easier for students to re-establish Cal Grant eligibility, if Gov. Jerry Brown does not veto it within in the next month.

Meredith Vivian, Director of Government Relations for the California State Student Association, said Gov. Brown has until Oct. 13 to sign AB 1287 into law.

"[California State Student Association is] optimistic he'll sign it," Vivian said.

However, the bill would require about $30 million in spending out of the General Fund and an additional $132,000 in administrative costs. Vivian said this expense should decrease after the 2014-15 budget year.

About 20,000 students who currently qualify for the grant, cannot receive it because at one time their family income exceeded the cutoff. This is an unintended consequence of the 2011-12 Budget Act, which the bill addresses.

Debbie Cochrane, Research Director for The Institute for College Access and Success, wrote a letter to Senator Kevin de Leon, Chair of the Senate Appropriations Committee, stating Cal Grant recipients whose family income is too high for one year are permanently ineligible to receive the Cal Grant.

Even if the student's income drops back down below the eligibility cutoff, they still cannot re-enroll.

"They have permanently lost their grant because they were temporarily ineligible," Cochrane wrote.

Senate Bills 284 and 285 authored by Sen. Kevin de Leon, are also seeking to increase Cal Grant availability. In order to work, these bills depend on tax credits given to taxpayers contributing to the College Access Tax Fund.

While they have a slower and smaller impact on students, Senate bills 284 and 285 does not have extra costs associated. They might be more likely to get signed than AB 1287, Vivian said.

The benefit for students who depend on Cal Grant money to pay for college is never having to pay it back. In order to qualify, students must meet financial and minimum GPA requirements. The money can be used at any University of California, California State University or California Community College, and even some private technical schools.

Many of the other bills passed on Thursday night had nothing to do with financing college endeavors.

Sen. Darrell Steinberg, President pro Tempore, had his Senate bill 743 pass with bipartisan support. Steinberg said the bill will relax some regulations imposed by the California Environmental Quality Act streamlining the process to develop the downtown Sacramento arena that will house the Kings and enable business growth throughout the state.

"What are we about? What are we trying to improve?" Steinberg said, after the bill passed. "It's about culture and sports. It's not only a boost for Sacramento, but it's a boost for the state."

Additionally, Steinberg passed an assault weapons ban.

Assemblyman Luis Alejo authored a bill that would allow non-legal immigrants in the United States to obtain drivers' licenses. As it was announced AB 60 had passed, the support for the bill was evident when Sen. De Leon, Norma Torres and others crowding the Assembly Floor, shouted "Si se puede," the motto for the United Farm Workers union.

Alejo also authored the bill increasing minimum wage, passed by the legislature last week.

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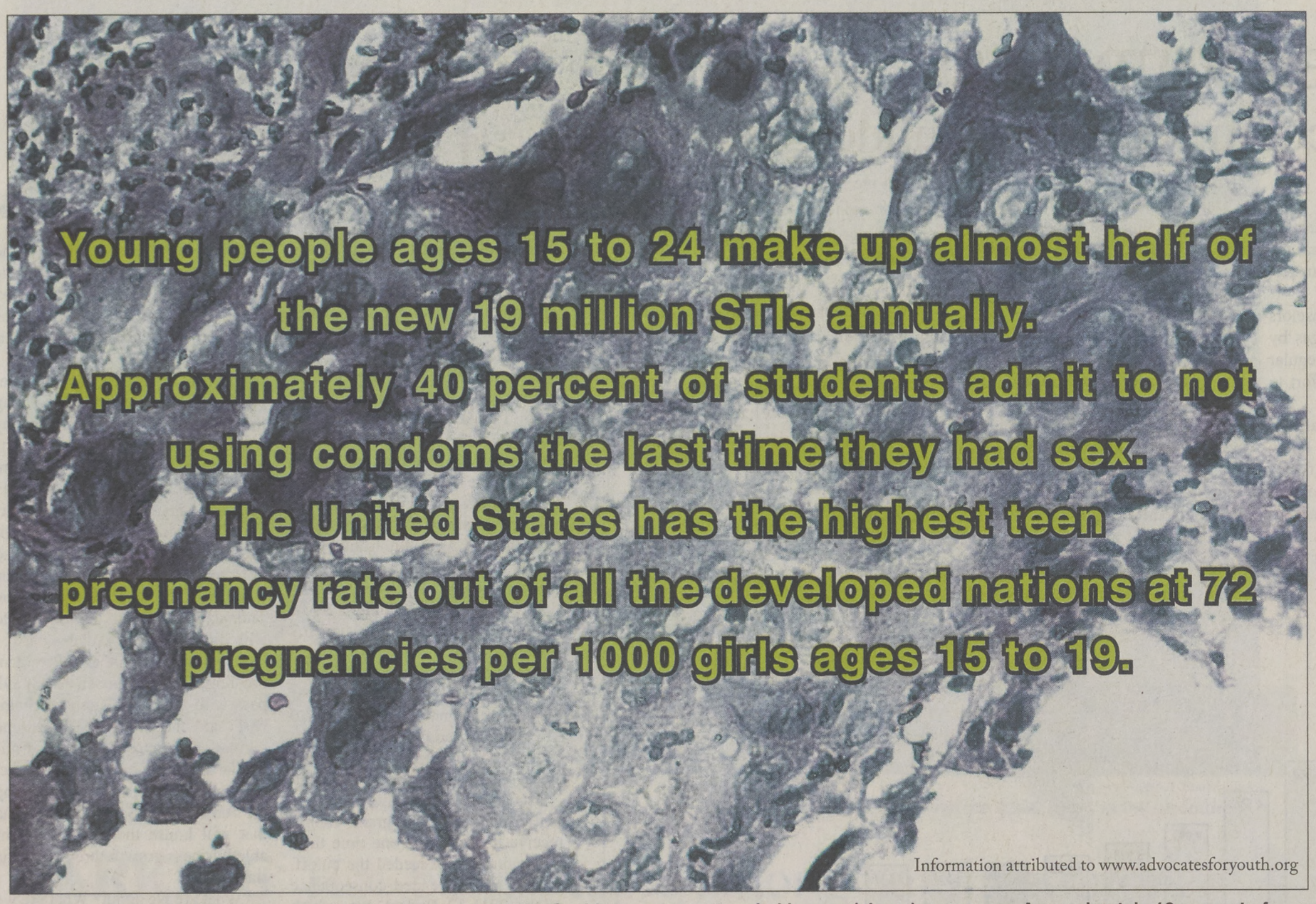
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According to the Center for Disease Control, nearly 800,000 U.S. citizens contract genital herpes (above) every year. Approximately 16 percent of Americans ages 14 to 49 have herpes.

CHOICE USA: Club focuses on sexual health and safety

CONTINUED, A1

and Davidson traveled to the nation's capitol in an attempt to lobby for the Real Education for Healthy Youth Act, which supports funding for comprehensive sex education for adolescents rather than what they said is the ineffective abstinence program in place today.

"My plan is to get people very aware of the things they can do to be safe and smart about their sex life," Davidson said. "I want them to be aware of the programs available on campus and the risks of having sex."

Currently, people ages 15 to 25 make up 25 percent of the sexually active population in the U.S., but contract about half of the 19 million STDs annually.

The 13 to 24 age group accounts for a quarter of the estimated 50,000 new HIV infections each year and the number has been rising since 2007. Choice USA supports the act because of these statistics.

Along with sex education, Choice USA hopes to gain support for AB 154, an assembly bill that will address the current shortage of healthcare professionals able to provide early abortion care in California.

"A lot of people have no idea what sexual reproductive justice even means, which is exactly why we are here," Buchanan said.

The support for reproductive justice is often misconstrued and translated as a form of abortion promotion.

Sujatha Moni, assistant professor of women's studies at Sac State, is a self-declared advocate for a woman's right to make her own decisions regarding her reproductive rights.

"When we are supporting pro-choice, it doesn't mean we are asking women to get abortions," Moni said. "We are advocating for a woman's right to have one if she so decides."

This fall, Sac State Choice USA hopes to continue their Sex Plus Campaign designed to challenge and change sex-negative policies and culture, and the group is looking to grow in number.

"We are looking to be a club of 50 or more people who are into political activism, lobbying and providing education," Buchanan said.

Buchanan also said one of the southern California chapters is planning on asking a co-sponsor of the bill to hold a press conference in Los Angeles, and the organization's leadership team in Sacramento is planning something similar together for the northern California chapters.

Also on schedule this year is an evaluation of Sac State's Wellness Center. As recommended by Choice USA national, the Sac State Chapter will rate the Wellness Center to determine if its products, services, and information are available, affordable and relevant to Sac State's student population.

The goal of the evaluation is to give the Wellness Center a Choice USA seal of approval to make sure that student's needs are represented in accordance with the national organization's standards.

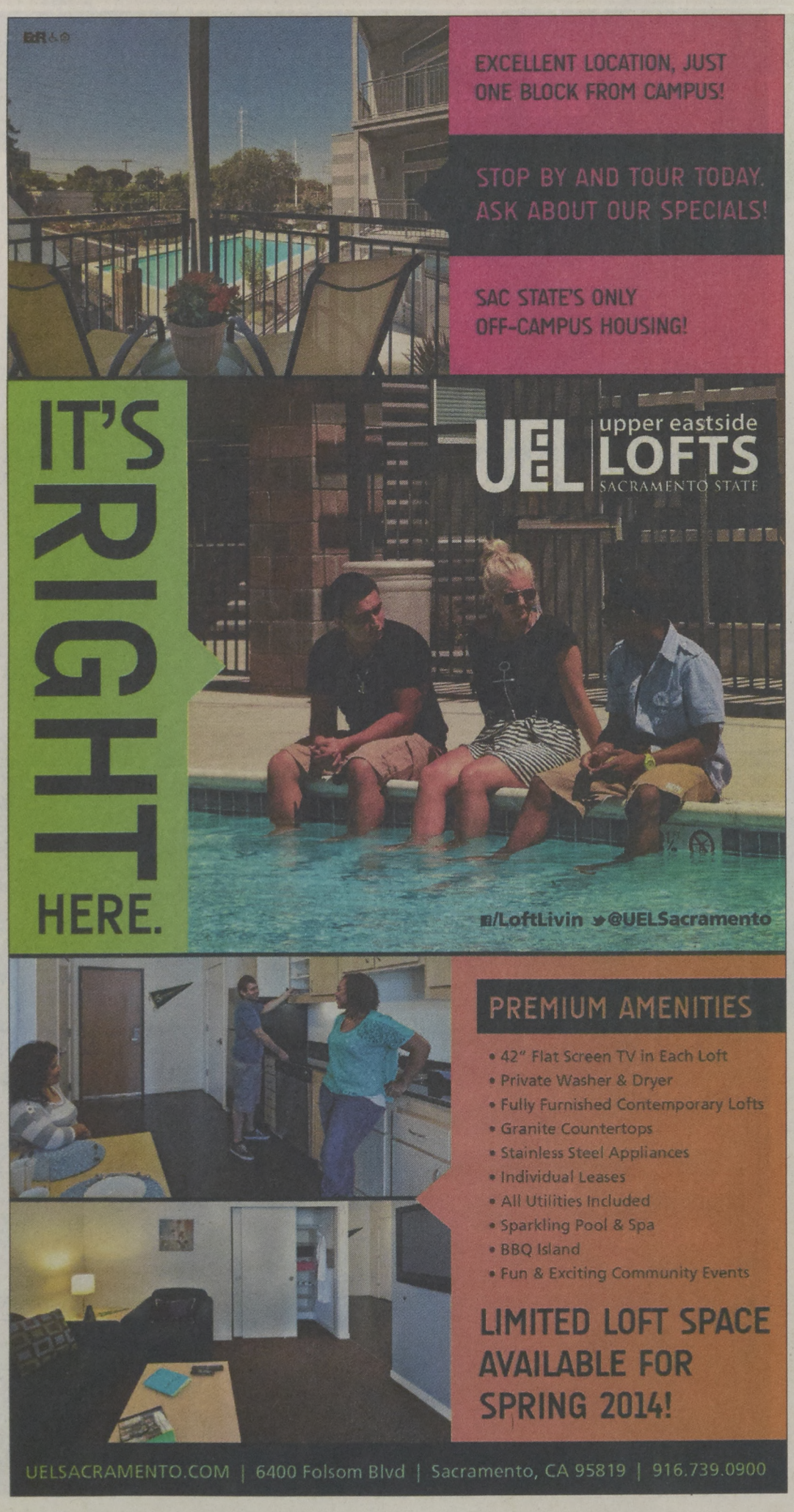
The WELL offers health services for all students.

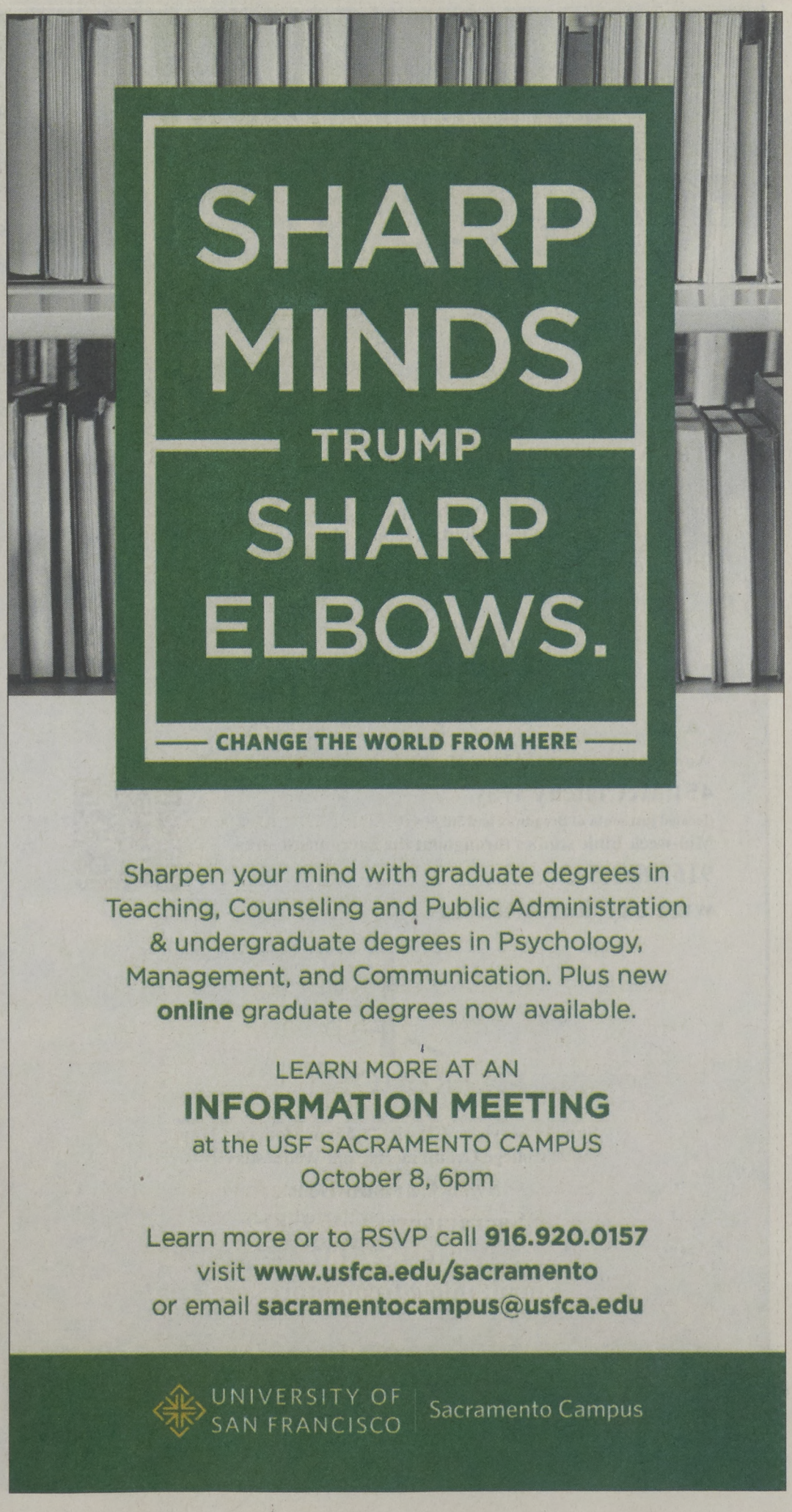
Hours:
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Friday
9 am to 4:30pm
Saturday - Sunday
Closed

Health Services Contact:
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Correction

The State Hornet would like to clarify two points in its Sept. 11 issue regarding an article titled "President's new budget stirs up concerns." The University Budget Advisory Committee is made up of not only faculty members, but faculty, students, staff and administrators. Moreover, the graphic contained within the story did not include the budget for Information Technology and Services. The University Budget Advisory Committee recommended allocating an additional $565,197, and the president allocated $598,596 to that division in his final budget. IRT's total baseline amount is $6,570,509.





TRUSTEES: Scholarships a priority

CONTINUED, A1

causes a delay in the process for those who actually need them, creating a snowball effect.

The planned method to avoid this effect is to provide academic advising to students whose paths are not clear in their minds. Fallis said this is something that will likely receive additional funding.

The Intrasystem Concurrent Enrollment, which streamlines undergraduate requirements by allowing students to enroll in online classes at other CSUs, may help remedy bottlenecking as well.

Another item on the agenda is the awarding of scholarships.

"CSU trustees' scholars have defied the odds, rising above circumstance to become leaders among their classmates and exemplifying the CSU mission of access to a higher quality education," said CSU Chancellor Timothy White in a statement. "Through talent, determination and drive they now grasp the promise of a brighter future - for self, family and community." Sacramento State student Jolene Ford will be one of the recipients of the CSU Trustees' Award, one of the highest student distinctions possible within the university with a scholarship ranging from $3,000 to $10,000.

"I am very excited, and I am honored for my achievement," Ford said.

Originally, she intended to go to Sac State right after high school but had a different mentality compared to her resolve today.

She started struggling with depression, alcoholism and drug addiction after being diagnosed with HIV. As a result, she took a hiatus from college.

Ford felt the need to go back to college, especially after being motivated by her doctor.

Ford said she enjoys what she does at Sac State, and devotes a substantial amount of time working at Sunburst Projects, a nonprofit group that assists those who either struggle with HIV or AIDS or know someone struggling with it.

Many of the awardees' lives involve foster care, substance abuse, time in prison, rehabilitation, welfare and fighting overseas.



YARCENIA GARCIA - STATE HORNET

Sacramento State is planning on moving the physical therapy and speech pathology program to Folsom Hall to join the nursing program.

NURSES: Physical therapy adds doctoral

CONTINUED, A1

students' experience.

Now that the new doctoral program of physical therapy has moved, they have began to collaborate with the nursing program.

Professor Michael McKeough who works in the physical therapy department said both nursing and physical therapy have started to work on joint assimilation and are working together by treating patient simulators in the intensive care unit with state-of-the-art simulations labs.

"We are running a program we believe is the only one in the country," McKeough said.

McKeough said Sac State's Doctor of Physical Therapy program is one of the few to offer training collaboration with the nursing program.

Traditionally nurse and physical therapists have been trained separately. Now, they are learning to meet the patient's needs at the same time.

Ann Blanton, Interim Department Chair of Speech Pathology and Audiology, said it is important for all health services to be placed together to enhance student understanding.

"Students need to learn more – learn better," Blanton said. "These kinds of advances make the university a much better player in the world market."

At the moment, speech pathology majors have limited interaction with the other health service majors because the program is still located in Shasta Hall.

Blanton said in any hospital, clinic or acute-care environment, a nurse, speech pathologist and physical therapist would always be working cohesively with a patient and communicating everything with each other.

"With interaction and a larger space, we would have the opportunity to grow the program and better serve the community," Blanton said.

Sarah Long, 22, speech pathology and audiology graduate student, said she was excited to hear about the collaboration of the health services.

"It gives you a chance to work with other professions in the health field," Long said. " It would be great to practice and work out with all the other majors".

Blanton said the entry-level for physical therapy in the State of California is now a doctorate degree. All California universities with a master's program in physical therapy either had to move their program to a Doctoral program or close.

Speech pathology and audiology had plans for moving into Folsom Hall in 2007, but those plans were put on hold due to a shift in the physical therapy program.

California State University campuses generally do not offer doctorate programs, but Sac State was the first CSU campus to receive requisite authorization to offer a Doctor of Physical Therapy program.

With the new Doctoral Physical Therapy program came a demand for new facilities, they received the opportunity to move into Folsom Hall before speech pathology.

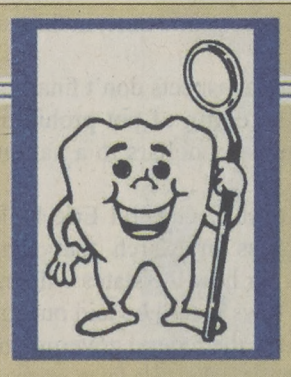
Baldini said once all the health services move into Folsom Hall, the new goal would be to open a community-based clinic.

Currently, all the health services have some kind community clinic.

Speech Pathology has the Mary Jane Rees Language, Speech and Hearing Center. Nursing has a flu-shot clinic and physician clinics for boy scouts while physical therapy has a clinic for stroke patients.

Baldini said the plan is to bring all the clinics together to connect with the community and students on campus.

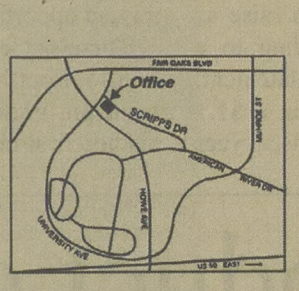
"What we don't have is a site where all of the groups could jointly do clinics or that we could expand the kinds of clinics we're doing," Baldini said. "It's one thing bringing patients into a teaching facility but it's another thing bringing them into a community based clinic."



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Feds take a lax approach to weed

By Jaime Carrillo

The U.S. Department of Justice ruled Aug. 29 that it would not interfere with recent laws in Washington and Colorado that would allow for the sale and taxation of recreational pot.

Now is the time for California to jump on the "legalize it" bandwagon.

The federal government infringing on states' rights has been an issue since the Civil War. Like then, the issue on the table is pretty cut and dry – only this time the feds are backing the wrong side.

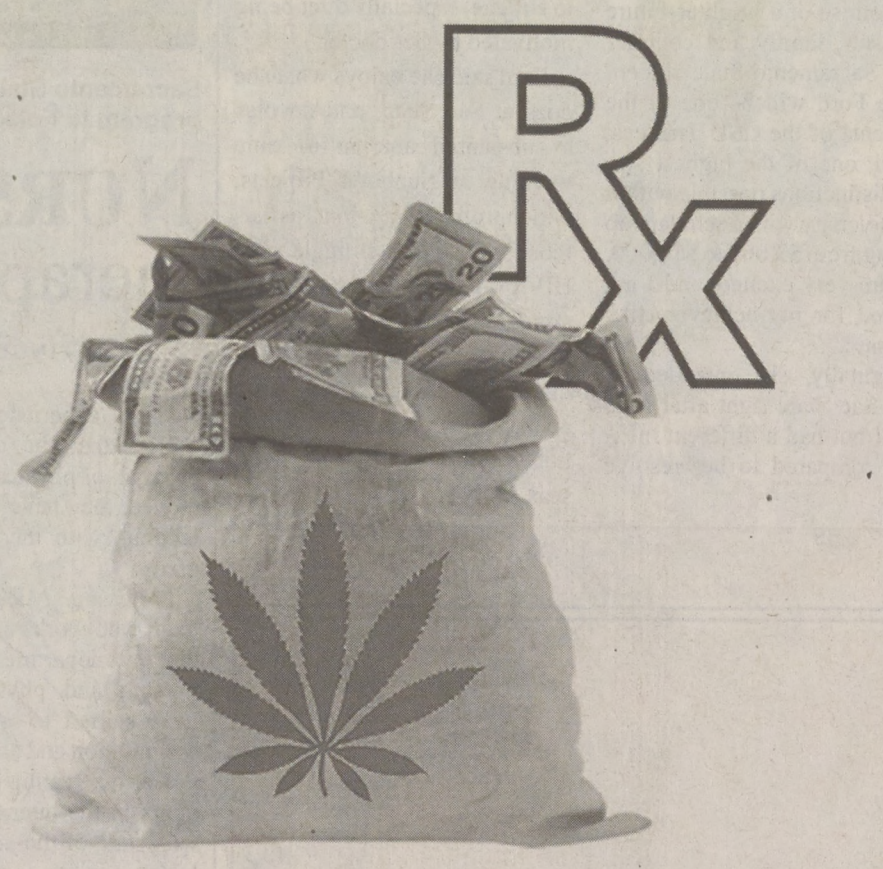
Legalizing pot is one of those arguments we're still having for some reason or another.

Back in 2009, a recently elected President Barack Obama laughed off the prospect of legalizing, regulating and taxing pot in America during a live Youtube town hall event from the White House.

There must be something in the White House's water that makes presidents hate pot and lose hindsight. After all, the last three U.S. presidents all smoked pot at least once in their life. I'm willing to bet it was more than once.

According to a 2013 Pew Research Center poll, 52 percent of Americans polled were in favor of outright legalizing marijuana, while 72 percent believe enforcing laws are becoming too costly. And don't kid yourself; keeping these laws on the books is incredibly costly.

Incarcerating pot law offenders is costing U.S. taxpayers $1 billion a year, according to the U.S. Department of Justice Bureau of Statistics. The following statistic ignores the amount of revenue that could be brought into the equation which a Cato Institute study estimates would generate up to $8.7 billion in federal and state taxes a year.



GRAPHIC BY ANTHONY NATHAN

In a time when local, state and even our federal government are pressed for cash, legalizing and taxing pot sounds like a godsend.

Washington is expected to raise as much as $1.9 billion according to a Washington Fiscal Impact Statement. Colorado is already projecting a $1.1 billion budget surplus for the fiscal year 2013, according to the June 20 estimate by the Colorado Office of State Planning and Budgeting.

In a state like California where the word "budget shortfall" is nearly as ubiquitous as "wine country" and "Governator," not taxing something that is being sold anyway is a massive missed opportunity.

There's at least one group who stands to lose if pot becomes legal in California. Last time around in 2010, California voters struck down Prop. 19, which would have allowed local county governments to allow the sale and regulation of pot.

The California Beer and Beverage Distributors donated $10,000 to the anti-pot cause. Sounds like the California beer consortium is afraid of any sort of competition.

Like presidents and their pot habits, hindsight is always 20/20.

Prohibition didn't work so we did away with it. Making booze illegal made distribution a highly lucrative business for criminals, it cost the federal government billions to enforce the laws, and it prevented the federal government from tapping a much needed income source, especially on the brink of a terrible economic time, in this case, the 1920s.

If the social aspects don't finally put a nail in the coffin of pot prohibition, the untapped tax dollars to a nation in debt will.

U.S. Attorney General Eric Holder told Congress in March that formal guidelines for how the states will enact these new laws would be laid out soon. Still, it seems the federal government is going to have a laissez-faire approach to state pot laws for the time being.

Neill Franklin, executive director of Law Enforcement Against Prohibition (a group of law enforcement men and women against the war on drugs) was one of many pro-pot advocates who applauded the recent U.S. Justice Department decision.

"The message to the people of the other 48 states, to all who value personal freedom and responsible regulation, is clear: Seize the day," said Franklin.

I couldn't agree more.

DrinkSavvy product detects when beverges have been tampered with



By Natalie Gray

Imagine feeling safer at every bar you walk into, knowing some pervert can't slip you an undetected date rape drug.

Soon a seemingly simple plastic cup and straw design will revolutionize the bar scene and hopefully help reduce the number of sexual assaults involving alcohol. The Center for Women and Families' statistics show 90 percent of rapes on college campuses involve alcohol.

Granted, people should all know better than to accept drinks from strangers if we didn't see the bartender make it. However, people should also all know better that it's not always that simple.

Each year, millions of women and men pour into bars dressed up and ready to drink with plenty of people ready to wine and dine them. Unfortunately, the dreamy smile from a stranger at the other end of the bar could end up being a nightmare.

DrinkSavvy is a company aimed at reducing the rape of unsuspecting people drinking drugged cocktails. Founder Mike Abramson said in his website, the No. 1 mission of his company is to eliminate this crime from ever being possible.

By implementing the use of DrinkSavvy cups and straws into every bar, Abramson could see his company's mission accomplished.

It's a sad fact, there are some sick people in the world we can't prevent from hiding in the normal crowds of society, but we can attempt to eliminate their ability to affect us.

DrinkSavvy is the sole company with this patent pending technology. It is capable of constantly monitoring bar patrons drinks discretely and effortlessly by giving a signal of red lines when an invisible drug is detected.

I know how to be careful - I was raised by the king of protective dads. This doesn't change the fact that I'm not perfect and some people are just bigger, stronger and smarter.

Dropping date-rape drugs into drinks is not an act targeted at a specific group of people, anyone can be susceptible to this where no one can really tell when an odorless, colorless and tasteless drug is dissolved into their drink.

Knowing one day I will go out to a bar with some friends and not have to spend my entire night with my eyes glued to the rim of my glass is an amazing thought. We can breathe easy and maybe even let that person across the bar buy us a drink. Because hey, if red lines show up on the cup, it's ass kicking time.

On the flip side, no new product is flawless or foolproof. Yes, these cups and straws could do a lot of good for the bar scene, but let's think broader.

Realistically, no one is going to bring their own cup to a party or a club, we just use what's available. So if you're in a bar that doesn't carry this product, you better think of a new strategy.

There's also questions about it's usefulness: Are they reusable? Will the bartender let you bring in your own cup? How long before they wear out? What is the cost to have these readily available at drinking establishments?

Jessica Heskin, violence and sexual assault advocate for Student Health and Counseling Services, commented on this patent pending technology.

"We have to remember that most sexual assaults are facilitated by alcohol alone, and this product won't do anything to help with that," Heskin said. "This will not be 100 percent effective. There are many different drugs used to facilitate crimes – ecstasy being one – and there are prescription drugs besides Rohypnol."

These cups, while a wonderful concept, may create a false sense of security for people. If we knew our cups will show red lines when drugs are detected, we might be a little less cautious about watching our drink and the people around us.

Going to a party and saying you feel safe because you "know everyone there" is about as foolproof as a cement lifejacket. 73 percent of rapes are committed by someone the victim knows, according to the Rape, Abuse and Incest National Network.

"Most predatory druggings in association with sexual assault are by someone you know, not a stranger," Heskin said. "Also, I have not seen the independent lab tests to see if the product is effective. For example, when they first came out with napkins that test for these three drugs, independent lab tests showed that sometimes the test failed depending on the type of drink."

We should always have other safety nets and strategies like going out in pairs, having someone watch out for you, watching out for predators and most importantly, speaking up if you see someone spike a drink.



ILLUSTRATION BY MARGARET FAIRAMITANI

"I have worked with victims who have been drugged and it is tragic. I really feel for them, and all victims of sexual violence," Heskin said. "I just worry people will rely solely on the drug testing product. Because even if you detect the drug in the drink before drinking it, you don't necessarily know who put it in there and that person is still walking around. And, let's always remember, ultimately it is the perpetrators' fault, not the victims'."

DrinkSavvy's cups and straws will be ready for public distribution around early to middle of 2014.

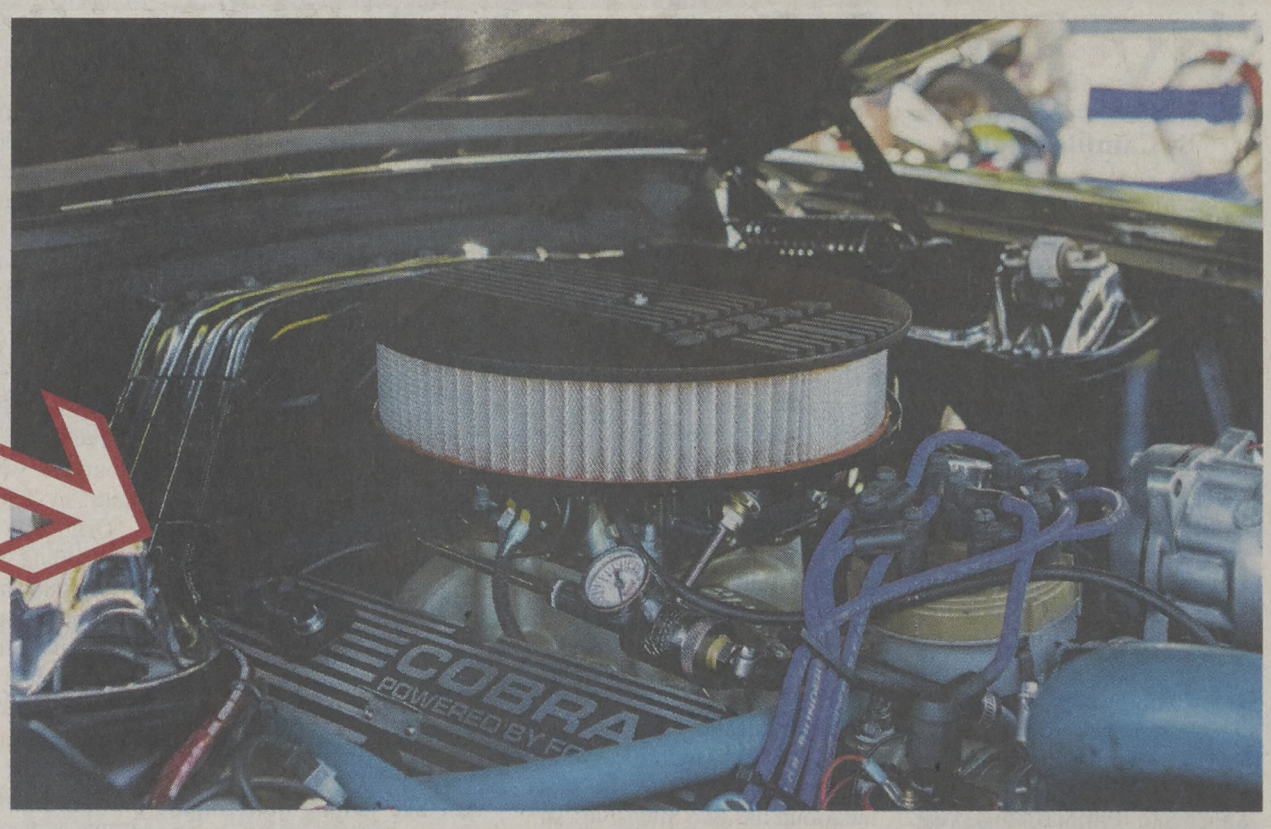
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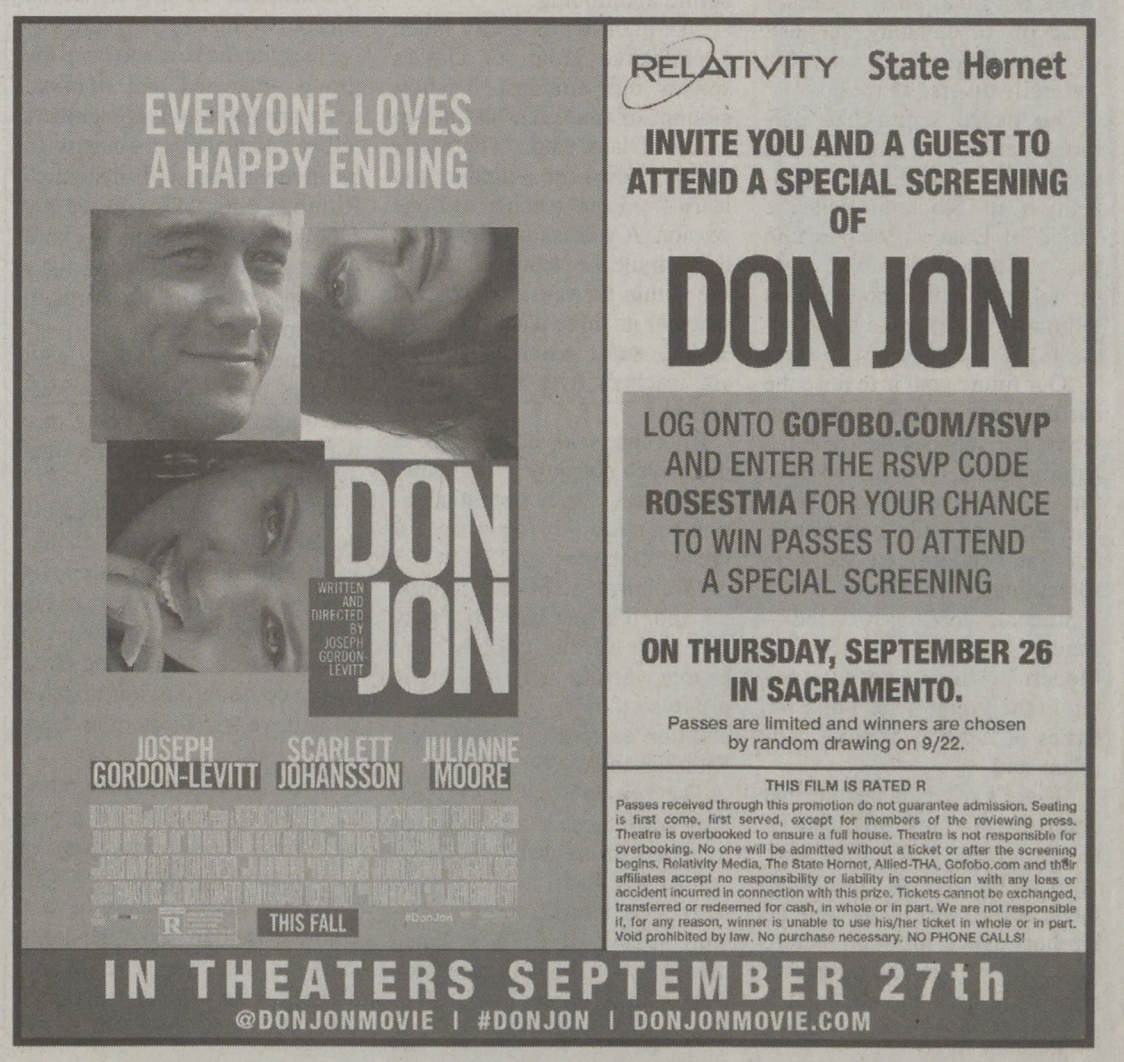
CAR COLLECTORS GATHER FOR A LOCAL SHOWCASE





Top: America's motorcycle company, Indian Motorcycles, made this bike in 1947. Walter Clevenger found it in a barn, and bought it for $800 in 1976. It took him 20 years to get it to the shape it's in now. Bikes like this today are worth upwards of $10,000 some even reaching $30,000.
Middle: This 1965 green Mustang fastback is Dan Vallejo's first car. He bought it from a friend in 1970. Since Vallejo has modified the car fixing everything he thinks Ford got wrong in 1965.
Under the hood is hot cam setup and added chassis bracing. There are disc brakes at all four corners and stiffened suspension to keep all four tires on the road.
Bottom left: This 1965 green Mustang fastback is Dan Vallejo's first car. He bought it from a friend in 1970. Since Vallejo has modified the car fixing everything he thinks Ford got wrong in 1965.
Bottom right: Under the hood is hot cam setup and added chassis bracing. There are disc brakes at all four corners and stiffened suspension to keep all four tires on the road. Photos by Sean Chin





Pour House serving up classic drinks

By Sammie Moreno

After a long stressful day, a refreshing beer or cocktail is always satisfaction to the lips.

Pour House in Midtown offers locals an extensive list of whiskey, beer, specialty cocktails, house-made syrups and Preservation & Co. preserves, made and created the gastropub's general manager Jason Poole.

The Prohibition-style bar, which opened its doors to the public in August 2012, was established by co-owners Trevor Shults, part of Barwest, and Bob Simpson who also owns Social Nightclub.

Employees are encouraged to dress in Prohibition-era attire, but it is not mandatory and the pub has a high standards for the appearance of its employees and they must look well-dressed and well-groomed.

Whiskey Fig, one of Pour House's specialty cocktails, is a mix of Glenfiddich, a 12 year old scotch, freshly squeezed lemon juice, simple syrup, Angostura aromatic bitters and a scoop of fig preserves. The drink is then shaken, strained over a large cube of ice into a rocks glass.

The fig preserve used in the drink is also a product of Preservation & Co, a local Sacramento company dedicated to preserving food such as cayenne carrot sticks and Sriracha salt.

Bar manager Kathleen Cannon said the most popular liquors ordered at Pour House are the Hibiki Scotch, Pappy Van Winkle, a 23 year old bourbon and Jameson Vintage Irish Whiskey.

Pour House entered its Bloody Mary recipe into a contest hosted by Absolut Vodka and out of 792 entries, Pour House earned a No. 1 rating in California and No. 2 nationally for 2012.

Even though there was a cash prize for the award-winning mix, Pour House had to relinquish its rights of the recipe to Absolut in accordance with contest rules.

Poole said he has also entered his own recipes into the contest and has earned first and second place in multiple years.

Poole, who also owns Preservation Co. will also featuring his own award-winning mixture of Bloody Mary using different picked vegetables like cracked peppercorn asparagus and habanero dill pickle chips.

Pour House bartender David Walsh had been working at the pub since the doors first opened because of the mix of customers that frequent the bar.

"I absolutely love and enjoy working here because there are such a wide and collective variety of people that come in," Walsh said. "We have a huge collection of bourbon, Scotch, rye whiskey [and] beers."

"Whether it's domestic or craft beers and people come in and want to learn about craft cocktails," Walsh said. "Most of the bartenders here are extremely knowledgeable, friendly and know what they're doing. You can ask [the bartenders] any questions and [they] are more than willing to teach you what you're drinking."

Pour House was one of the first places in Northern California to have drink taps on tables. The owners of Pour House researched bars in Southern California who also had this concept and decided it was something he wanted to incorporate into their bar.



KEELY MCCOY - STATE HORNET

Along with an assortment of beers and whiskeys, the Pour House strives to create an environment that keeps customers content and coming back for more.

Each booth at Pour House has two beer taps and one tap with Jameson Irish Whiskey.

"It's a cool concept," Walsh said. "You can sit there and feel like you're the bartender and pour it yourself."

There is a regulator in each tap that detect difference between the actual liquid and foam being dispensed so customers don't lose out on product. A screen built into the tabletop tracks and displays the amount of product the customer has consumed.

But it is not a free-for-all with the beer and liquor. Servers have control over turning table taps on and off. The table tap beers change on weekly bases.

Pour House also hosts large parties or groups that want make reservations and pay in advance. The groups are catered to with five-gallon kegs with choice of beer.

Pour House also has an open jam event every Thursday. James Cavern, a rising star Sacramento, is in charge of promotions, booking bands and plays guitar and sings at the open jam.

The jam allows anyone to show up with an instrument or to play an instrument the pub already has on-hand. The stage is open to a variety of musicians whether it be for a solo performance or an on-the-spot collaboration with a stranger.

Fridays are live bands nights at the Pour House. Management tries to mix it up with a diverse group of bands ranging from up-and-coming, Sacramento favorites to bands just stopping through on tour. The pub transcends musical genres with folk, rock and rock and blues music.

Masterscounseling student, Annie Jakovac, 25, said she loves to visit Pour House to have a cold brew during the week.

"The place has a beautiful bar and a chill atmosphere," Jakovac said. "It's awesome that they are open to having local artists play there as well."

Pour House extends outside with a patio and back bar where you can get a better view of the railroad tracks. When a train passes it usually signals a drink discount.

Hip-hop culture at Sac State embraced by Sac Modern club

By Camille Anglo

Sac Modern, the only Sacramento State affiliated hip-hop dance group, is breaking out in a city where hip-hop dancing is mostly underground.

After branching off from Samahang Pilipino, the campus' Filipino Club, the group started performing in numerous Filipino Culture Nights in 2006.

Jordan Riturban, artistic director of Sac Modern, said the group formed from Samahang Pilipino and is a Filipino-dominant dance group, Sac Modern welcomes any student with a passion for dance to join the group.

"We're pushing to get pretty diverse," Riturban said. "Although we branched out with Samahang Pilipino, this year, we've had so much ethnicities and we're pretty split evenly between boys and girls. We don't close off to anybody it's just, we're getting a little bit more culturally diverse as we go."

The dance group has performed at several dance events such as the Breakthrough Competition in Stockton and the World of Dance: Bay Area in San Francisco. Riturban said by doing this, the group hopes to branch out to more competitions.

"Our future goal is to raise the bar this year and showcase that we're a really serious group," Riturban said. "We like to have fun, but we like to show off to Sac State and the community that Sac Modern can really do something."

Students looking to find a dance group should give Sac Modern a chance because being in the group helps build the basics of hip-hop dancing, Riturban said.

"There's a lot of people that don't really know where to go to take classes," Riturban said. "Especially here at Sac State, there really wasn't an official hip-hop dance program before this. This is something pretty new to the area and our goal is to make people aware that there is a hip-hop culture out there and that it's really creative and fun too."

Business senior and Sac Modern's assistant director, Vohn Dumdumaya, 21, said the group stresses on building the foundation of hip-hop dancing, which will make their moves much more fluid.

"We really like to start with our foundations because as I learned as being in Sac Modern, our foundations is what will take us to higher levels," Dumdumaya said. "We really like to look at the basic elements of breaking, locking, popping, all the other basic elements that hip-hop brings to the culture."

Communication studies senior and Sac Modern's senior director Robert Olarte, 24, said the group has two intensives, or dance workshops, to help dancers learn as much as they can before auditioning.

"An intensive is pretty much a collective group of classes spread out amongst a short amount of time. It's just not in a day," Olarte said. "The way I see it, classes are singular, you learn from one teacher and one session. A workshop where you have multiple teachers teaching within the same time period whether its three teachers a day. Today, we're teaching two of six teachers over a two-week period."

Riturban said hosting these intensives not only gives dancers the moves they need to audition but it is a way to prepare for the audition process.

"We have auditions coming up and it's our way of really just push all this training with people who are interested in the group so they're as prepared to audition as much as possible," Riturban said.

The group's directors not only teach these workshops, but members from different dance companies such as Press Play and contestants from the seventh season of MTV's dance competition show "America's Best Dance Crew", the Step Boys come in and help out.

With members from more widely-known groups hosting these intensives, Olarte said they're all friends who are willing to help each other out, but happened to end up in new dance groups.

"The way I got into dance was actually through Samahang Pilipino when we practiced for PCN (Pilipino Culture Night)," Olarte said. "One of them branched off and one (of) my friends branched off into one of the bigger companies in the area and just that networking got us to learn about more people who dance. Sacramento is (a) really tight knit group. Everyone is friends, there's no villains or bad people. Everyone likes to support each other."

Just like joining other organizations, Riturban said being a part of Sac Modern has definitely benefitted not only his social life, but being a group leader.

"Despite the stress to keep the group organized and running, it's a privilege to hear members tell me that they are happy to be involved and still dancing," Riturban said. "Also, to see my fellow members practicing hard for a show and growing as a dancing makes the job worth all that stress."

Dumdumaya said along with dancers learning new moves, the bigger picture is being in a dance group and sharing that camaraderie.

"One thing that I learned especially coming from Samahang Pilipino is that family is really important," Dumdumaya said. "We really accept whoever wants to dance and has the same goal, the same passion that we do and we accept them as family."

Riturban said the only thing that matters in a dance group is sharing the same passion for dancing and hip-hop.

"Dance doesn't really have a color," Riturban said. "We don't stop that. Whoever is passionate and really self-driven, that's all we really care about."

CSUS alumna dresses up the locals with Identity Boutique

By Sammie Moreno

Identity Boutique, a clothing store located on 26th and J streets was created by Sacramento State alumna Morgan Jones, who defines the store as "a modern fusion of timeless fashion and urban sophistication."

Timeless fashion icons such as Audrey Hepburn, Marilyn Monroe and Sophia Loren inspired Jones to create Identity Boutique, which first opened its doors in October 2012.



YARCENIA GARCIA - STATE HORNET

Identity Boutique aims to offer clothes that make women feel great at an affordable cost.

Originally intent on creating a wedding planning company, Jones said she always wanted to start her own business.

After graduating Sac State in 2011 with a degree in communication studies, she traveled abroad to Italy to study art, design, cuisine and fashion.

Jones said she wanted to bring a piece of Italy back to Sacramento, inspired by the boutiques and fashion she saw on her trip.

"I wanted a boutique that had Nordstrom quality clothing, but is affordable on a college budget," Jones said. "Women feel better when they put on a great outfit and I want that with people who wear my clothes."

The boutique is set up like a personal walk-in closet that welcomes and allows shoppers to browse for new clothes. The clothes, jewelry and art are all organized just like a woman's bedroom.

"I feel that wearing the right outfit can change your entire attitude," Jones said. "Being confident in what you are wearing makes all the difference in the way you carry yourself. My goal (is) to inspire women to wear what they love so that they can be confident in all that they do."

When customers ask for a certain product, Jones said she aims to go above and beyond to find exactly what they need and finds most of her products at fashion trade shows in Las Vegas, Los Angeles, San Francisco and New York.

Sac State sociology alumna Becca Ross has shopped at Identity to purchased new blouses.

"Identity is in a great location and the boutiques decor is very cute," Ross said. "I love that Morgan uses social media updating us with new arrivals and holds contests on Instagram to win gift cards to the boutique."

Identity Boutique also carries products from local Sacramento brands, such as Fly Elephant Clothing, which helps inspire others who are facing challenges in life. Another brand the boutique carries is Complement Jewelry, which boasts a personalized compliment with every piece of jewelry purchased to help spread joy. Art by local artist Nathan Udy decorates the boutique and is for sale.

Sara Warren, 21, a senior in apparel marketing and design, works at Identity Boutique as one of Jones' sales assistants. She said she loves her job not only because of her love of clothes, but also for being able to meet and talk to the women who shop at the boutique.

"Working on the Midtown grid has opened my eyes up to see how close people are within our community and are willing to support local business," Warren said. "I feel blessed to have Morgan as an incredible mentor. I have so much respect for her and all that she has accomplished. I love working for her at the shop and can't wait to see what it will grow into."

Identity Boutique has also been involved with a few local fashion shows to help give back to the community. Rock the Runway and Launch fashion shows both raised funds for UC Davis Children's Hospital.

Despite all her success, there have been downfalls that aren't keeping Jones down, such as her diagnosis and struggle with Arthritis for 10 years. Jones said she has been through many surgeries and had times where she could not move her wrists or even walk. Jones' disease has not effected her boutique in any negative way, but it is very important to her to stay healthy to run her shop.

"My health is my first priority and my business comes secondary," Jones said. "[Arthritis] motivated me to start my business six months after I graduated. And who gets to do that? Not a lot of people."

Jones said she utilizes social media and networking to promote her shop.

"I try to keep it personal when connecting to people [on Facebook or Instagram]," Jones said. "I want to be able to talk and respond to people myself to maintain the personal relationship with my customers."

Students can follow Identity Bouquet on Facebook at www.facebook.com/IdentityBoutique, Instagram at identity_boutique or visit the website at www.identitymidtown.com. Identity Boutique is located at 2600 J Street in Midtown Sacramento, next to State Farm and Starbucks.



Bob Solorio-Sacramento State Athletics

Invitational leads to new Hornets record

By Clifton Jones

Led by juniors Owen Taylor and Luke Cristo, Sacramento State's men's golf team, had a record breaking performance on Tuesday finishing third at the Itani Quality Homes Collegiate Invitational.

Sac State's three-round total score of 842 broke the record from last season's 54-hole total at the Pacific Invitational in Stockton, Calif. The third round total of 277 is the second best finish by the men's golf team in school history.

"It was great to see the guys playing their own game," said head coach Christopher Hall. "We didn't get off to the best start today but everyone regrouped and attacked the course. This team pushes themselves to become better everyday."

Taylor made history for himself as the third golfer from Sac State to finish the 54-hole tour-

Golf, page B2

BACKLINE DEFENSE ANCHORS SAC STATE

By Clifton Jones

The key to winning games is to have a solid defense and that is prevalent in both the men's and women's soccer team here at Sac State.

Both teams are off to a good start this season and that is because of the stellar play from their defenses.

The men's team have four true freshmen who play a considerable amount of time including freshman Javier Munoz and Preston Davis who have started and played all season long for the Hornets.

The two have also been teammates on the Sacramento United club team before playing at Sac State.

Davis said that is nice to have someone like Javier playing with him on the same side.

"Being able to play on the same team with Javier has helped me transition better to the college game," Davis said. "It's nice because we know how each other plays."

The two freshmen have locked down the right side of the field all season long, but as freshmen, they still have a lot to learn.

"Every day at practice we learn something new even as simple as the type of cover we have to play in certain situations," Munoz said.

Communication is important in how both the men's and women's soccer teams operate because without communication, the defense will crumble underneath them. For both teams, lack of understanding each other on the field has ended with poor results.

Munoz said the team made it a point to communicate with each other out on the soccer field.

"We have to be on the lookout for the runners on the outside who try to penetrate our defense," Munoz said. "So it is easier when one of our teammates gives us a heads up on defense so we know where the other team is playing."

Following the loss to CSU Bakersfield 3-0, the men have

Defense, page B2

PUSHED TO THE LIMIT



Dou Her - State Hornet

Refusing to go down, senior running back No. 8 Ezekiel Graham drags four Southern Oregon defenders along with him. Graham finished the game with 166 yards and a touchdown.

Record-breaking performances by QB Garrett Safron and WR DeAndre Carter lead to victory over Southern Oregon

By Curtis Manlapig

Sacramento State (1-2) opened its home schedule with a record-breaking victory over Southern Oregon (0-3) in overtime thriller Saturday, 63-56.

The win was the Hornets first of the season after dropping their previous two games on the road.

Junior quarterback Garrett Safron hit junior wide reciever DeAndre Carter with a game tying touchdown with one second left in the fourth quarter.

The duo connected once again in overtime on a 14-yard pass to take the lead and eventually the game.

Safron set a school record with seven touchdowns and compiled 343 passing yards. He hit on 65 percent of his passes which was a major upgrade from his 50 percent completion percentage coming into the game.

"Each play is a game in itself, so I was just taking it one play at a time," Safron said. "We knew that they blitzed a lot and that created a lot of matchups outside. I pretty much just fed the ball to my playmakers and let them do work."

Carter also set the school record with five touchdown grabs in a single game. He led all players with 12 receptions and 122 yards.

"I didn't come with that sole goal in mine [of beating the record]," Carter said. "But you know, glory to God, I did it for

Football, page B2

Bronco Classic: Sac state swept

By Satchi Hover

Sacramento State's volleyball squad dropped all three of their matches at the Bronco Volleyball Classic in Boise, Idaho over the weekend as the Hornets fell victim to North Texas and Idaho Friday and tournament host Boise State, Saturday.

The Hornets are now 5-6 losing their last five matches.

Sac State lost to North Texas, falling in straight sets to the Mean Green (22-25, 18-25, 27-29).

Despite a match high 17 kills from freshman outside hitter Morgan Stanley, the Hornets were unable to take home the match.

Sophomore outside hitter Carnae Dillard was the top performer for North Texas with 14 kills and a .379 hitting percentage. As a team, North Texas hit .244 and limited Sac State to a .187 percentage.

North Texas finished with 45 kills in comparison to Sacramento State's 43.

The Hornets hit the court soon after for an afternoon showdown against Idaho, but were outlasted in four sets (21-25, 13-25, 25-20, 9-25).

The Vandals were led by sophomore outside hitter

Classics, page B3

Check out B3 for more info on Sac State women's basketball head coach leaving for a California rival.



DEFENSE: Lockdown defenders find success this season



KAYLEE CREEVAN - STATE HORNET

Hornet junior defender No.12 Kassi Anast passes the ball at the Sept.11 games against Fresno Pacific.

CONTINUED, B1

played better on defense finishing with two straight 1-1 draws.

Davis said he enjoys the higher pressure moments because the team is more in synch with one another.

"If anything, I communicate more in the high intense situations," Davis said. "I want to make sure we are in the right places as the play is breaking down in front of us."

Unlike men's soccer here at Sac State, the women's team has experience in the defenseman that play.

There are five defenders with regular playing time, four starters and a player who rotates in. The four starting defenders are senior, Melissa Gomez, junior Kassi Anast, sophomore McKenna Swanson and redshirt freshman Alexa Heinzer.

The rotating backline defender is true freshman Rachel Leonard.

She said her first time playing in a Div. I game this season was a little unsettling.

"I had to learn to play faster with the ball and off of the ball unlike high school when I was able to take my time with the ball," Leonard said.

Ball control has been an achilles heel for the women's soccer team in the first five games of the season.

"Our job, besides making sure no one scores on us, is to keep the ball as we move down the field," Swanson said. "Because we are the ones who set the tempo for our team."

Sac State women's soccer has improved its ball movement on the pitch which has resulted in two straight wins.

Redshirt junior defender Melissa Gomez says having confidence on defense will rub off on the midfielders and forwards in how they play their game.

"We just need to continue to have confidence with the ball and if we show a lack of confidence, our teammates will react the same way," Gomez said.

Both defenses will need to be on point this season in order to be successful.

The men's team is set to play Friday at Loyola Marymount. Women's soccer will kick off Friday against Fresno State at home. Kickoff is at 4 p.m.

FOOTBALL: Hornets win opener

CONTINUED, B1

my little brother K.K."

The 639-yard output by the Hornets was the second most they have ever put up since moving into Div. I and the team tied the school record for most plays run in a game with 101.

Despite the offensive outburst, the Hornets turned the ball over just over one minute into the game by a fumble by Demetrius Warren.

After Southern Oregon scored on a touchdown pass from quarterback Austin Dodge, the Hornets quickly answered back with a 53-yard run by senior running back Ezekiel Graham on the following possession.

Lost in the shuffle was Graham, who ran for a career-high 177-yards on 24 carries. He also contributed with one score of his own.

On the Hornets third possession, Safron threw his fifth interception of the season, but the Raiders were unable to capitalize and were forced to punt.

From then on, it was a shootout between quarterbacks Dodge and Safron, combining for seven passing touchdowns in the first half.

The Hornets ended the first half leading 35-28.

Coming out of the half, Southern Oregon struck first with a 31-yard pass from Dodge to Ryan Retzlaff to tie the game.

The Raiders controlled the third quarter outscoring the Hornets 14-0. Southern Oregon led going into the fourth quarter, 42-35.

In the fourth quarter, the Hornets would once again climb back on top after Safron tacked on two more touchdowns, one to senior wide reciever Morris Norrise and another to Carter.

However, the Hornets defense was not able to contain the Raiders as they struck on a 36-yard pass and a 59-yard run by running back Melvin Mason that resulted in touchdowns that gave them the 56-49 lead with 1:26 left in the game.

With time running down, head coach Marshall Sperbeck and Safron were able to rally the troops.

"I kept telling [Safron] to keep getting first downs one play at a time," Sperbeck said. " I told him to keep the drive alive and we'll be in good shape. He did a great job.

With four seconds left on the clock, Southern Oregon's Randy Tyler made contact with sophomore wide receiver Shane Harrison and the official called pass interference.

The penalty set up the six yard touchdown pass to Carter which tied the game and sent it to overtime.

Sperbeck credits the come-from-behind victory to Safron's ability to stay composed and remain focused in the waning moments.

The Hornets wasted no time scoring in the extra frame with a 11-yard touchdown pass from Safron to Carter.

"We were in the huddle and coach called the play and told me I got to win, I got to beat my guy, " Carter said. "Me and [Safron] have great chemistry, we have been working all summer, all offseason and it [was] just like practice."

On the Raiders only possession of overtime, the Hornets defense clamped down and forced a four and out that sealed the game.

Although the Hornets came away with a victory, Sperbeck recognizes that there are areas the team could work on.

"I think we beat ourselves, too many times, too many penalties," Sperbeck said. "There were too many times that we had opportunities to put them away and to be successful but we stubbed our toe and made it easy for them."



BOB SOLORIO - SACRAMENTO STATE ATHLETICS

Junior golfer Owen Taylor sets up his next shot.

GOLF: Record-breaking round

CONTINUED, B1

nament with a score of 204, 6-under-par. The two other players to accomplish this feat are former Hornet, Ryan Williams and Jake Johnson.

Taylor was able to rebound from a 2-over-par front nine with five birdies on the back nine to finish with a 2-under-par 68 third round and tied for third overall.

Kristo began his Hornet career with a strong start by shooting 70-71-67-208, only finishing four shots behind Taylor. Kristo's third round was a 3-under-par with four birdies, twelve pars and only one bogey.

Kristo finished the tournament tied for eighth place with one other player.

"Owen and Luke just played solid golf," Hall said. "They both hit the ball well and were steady throughout the tournament."

Four out of the five man traveling roster finished in the top-40 including senior Jordan Weir and freshman Robert Parden who finished in 22nd and tied for 34th place respectively.





Offense continues to struggle for men's soccer

ANDREW VASQUEZ - THE STATE HORNET

Hornet junior forward No. 18 Chimdum Mez jumps up for a header.

By Clifton Jones

In its third consecutive double overtime game that ended in a draw this season, Sacramento State men's soccer (1-1-3) couldn't put one of their many chances in the net against Saint Mary's College (2-2-1) as both teams failed to score Thursday in Moraga, Calif.

In the last three games since the CSU Bakersfield match on Sept. 6, the Hornets defense has kept the team in games.

However, head coach Mike Linenberger said team chemistry and mentality is good even though the team has finished the last three games with a draw.

"We are all a little frustrated with the not finishing a game without a win," Linenberger said. "But the team is happy that we are playing well."

Sac State played the game without its big junior forward Chimdum Mez who was serving a game suspension after he was ejected from Thursday's game because of a red card against the University of San Francisco.

"Not having him in the lineup hurt us offensively because he is so valuable in how we use him to get our offensive chances" Linenberger said. "But the other players were able to rally with each other today."

Linenberger was able to rotate four players to fill in Mez's absence in the lineup that included midfielders senior Gabe Silveira, sophomore Edwin Luna and freshman forward Brian Van Lackum.

Saint Mary's outshot the Hornets 17-14 was able to put 10 of their shots on goal.

At the other end, Sac State's four out of six shots on goal were really good chances including two that went of the post.

"I was quite pleased with our performance today with all things considering with the field, the style of play from the Gaels, and playing without Chimdum," Linenberger said.

In the scoreless game there was three yellow cards handed out, with the Gaels receiving two yellow cards one to a pair of defenders, Forrest Solis and Rafael Sanchez. The Hornets freshman defender Preston Davis received his in the 36th minute.

Sac State will have the week to practice before the team heads to Southern California to play against Loyola Marymount University Friday at 4 p.m.

Craighead migrates south to coach at San Jose State

By Ryan Kuhn

Sacramento State women's basketball head coach Jamie Craighead resigned Monday afternoon to take over the head coaching position at San Jose State.

She made the announcement to her team just 48 days before the Hornets' season opener against UC Santa Cruz on Nov. 3.

The news of her departure was a shock to the entire team according to senior shooting guard Alle Moreno.

"We were all a little bit heart broken, but we all support her decision," Moreno said. "She will obviously be missed more than words can describe."

Craighead is known for her up-tempo style offense and full-court pressure defense at Sac State, compiling 51 wins during the last four seasons and appearing back-to-back at the Big Sky Conference semifinals in 2012 and 2013.

"It wasn't an easy decision," Craighead said. "I have a great team that I love and enjoy coaching, but at the end of the day, I felt like it was a very good opportunity."

In her time with the Hornets, Craighead coached former Sac State players, including all-Big Sky forward Kylie Kuhns, Tika Koshiyama-Diaz, and Emily Christensen.

Prior to receiving the head coaching position at Sac State she was an assistant under Dan Muscatell, and before that she served as an assistant at Portland State and Seattle Pacific University.

"(Sac State) provided me with my first opportunity as a head coach," Craighead said. "It was gut-wrenching, and it should be, but I just felt like this was the right move for me."

Over her last two seasons as the Hornets head coach she was on a year-to-year contact worth a little more than $90,000 in 2011 and 2012, according to the Sacramento Bee's State Worker Salaries.

Craighead did not comment on the contract she was given, however she said it was not just about the contract and the salary, but also recruiting, stability and job security.

"It was obviously a good move for me in a lot of different capacities," Craighead said.

Junior point guard Fantasia Hilliard looks at the coaching change as another learning experience in her college basketball career.

"It's an opportunity for our team to come together, play hard and believe in ourselves," Hilliard said. "There are no hard feelings against JC. She was the best coach I ever had, and I wish her the best at her new school."

But this will not be the last time the Hornets will see their former coach.

Craighead and the Spartans will travel to The Nest to face Sac State on Dec. 7.

"It'll be tough to be on the other sideline, but I know those kids and they will give me their best shot," Craighead said. "It's going to be a great 40 minutes of basketball."

Sac State has not named a replacement to take over the women's basketball program, but will begin a search immediately.



Bob Solorio - Sacramento State Athletics

Women's basketball head coach Jamie Craighead talks to the team during a game at The Nest.

Classics: Losing trend in women's volleyball

Continued, B1

Katelyn Peterson who finished with a match high 18 kills and a .457 hitting percentage.

Sophomore outside hitter Sloan Lovett was the top player for the Hornet's in the latter match as she compiled 14 kills accompanied by a .324 percentage.

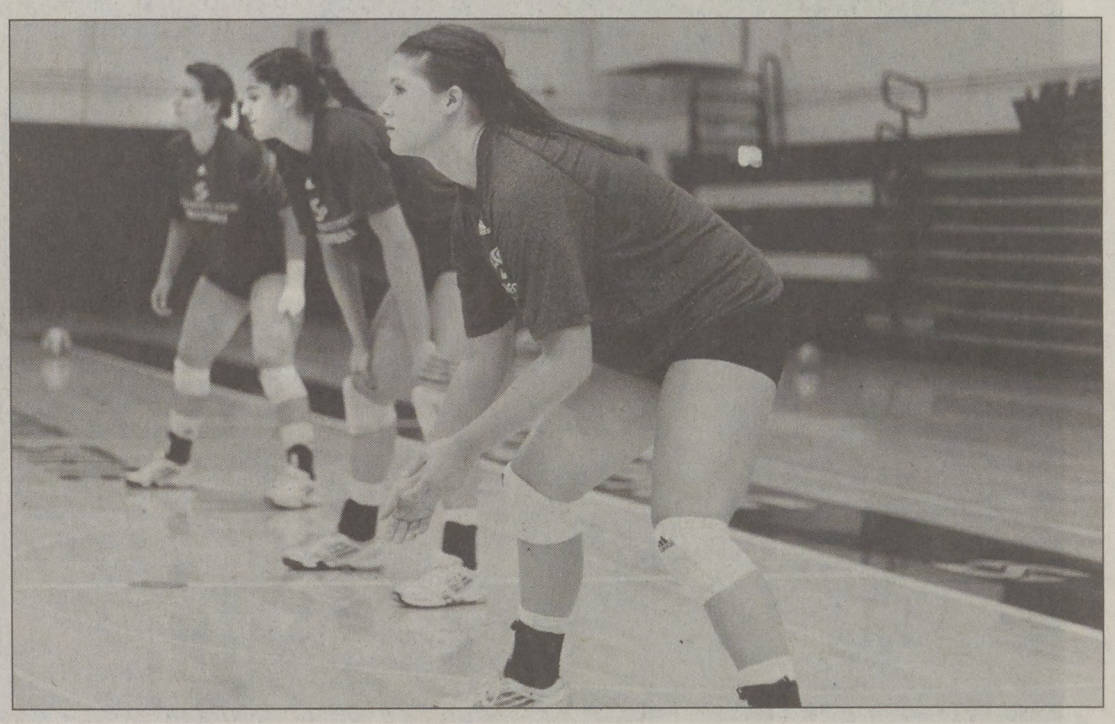
Sac State looked to rebound Saturday when they hit the court against Boise State but were swept in straight sets (11-25, 17-25, 16-25).

Junior outside hitter Alyssa Gammel had a team high 10 kills for the Broncos, who finished with a team total of 46 while limiting the Hornets to just 24 kills.

Sophomore outside hitter Lauren Aikels led Sacramento State with 11 kills but the effort wasn't enough to overcome the strong attack from the opposing side.

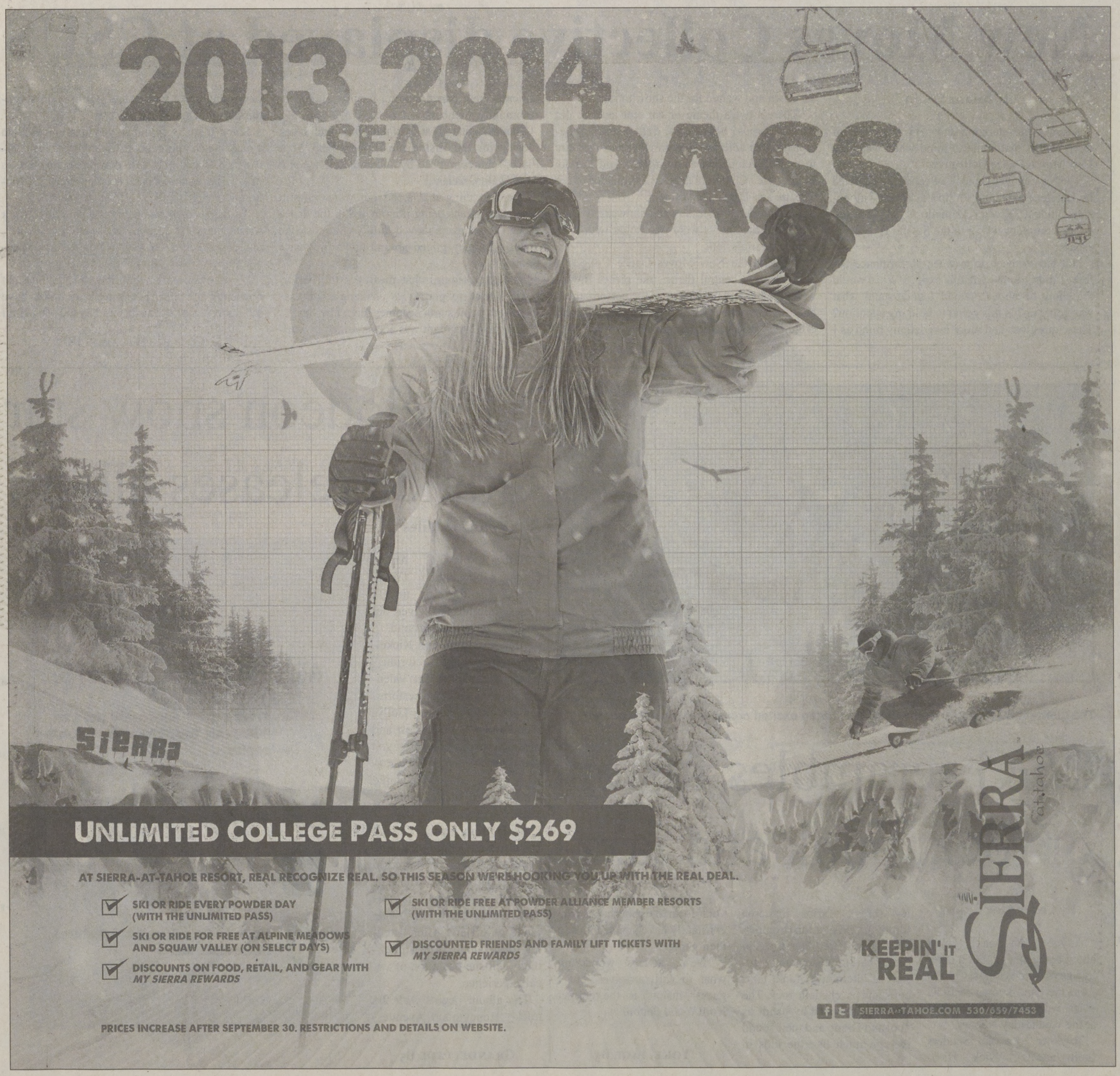
The Broncos rounded out the day with a .391 hitting percentage, while the Hornets finished with just a .094 percentage.

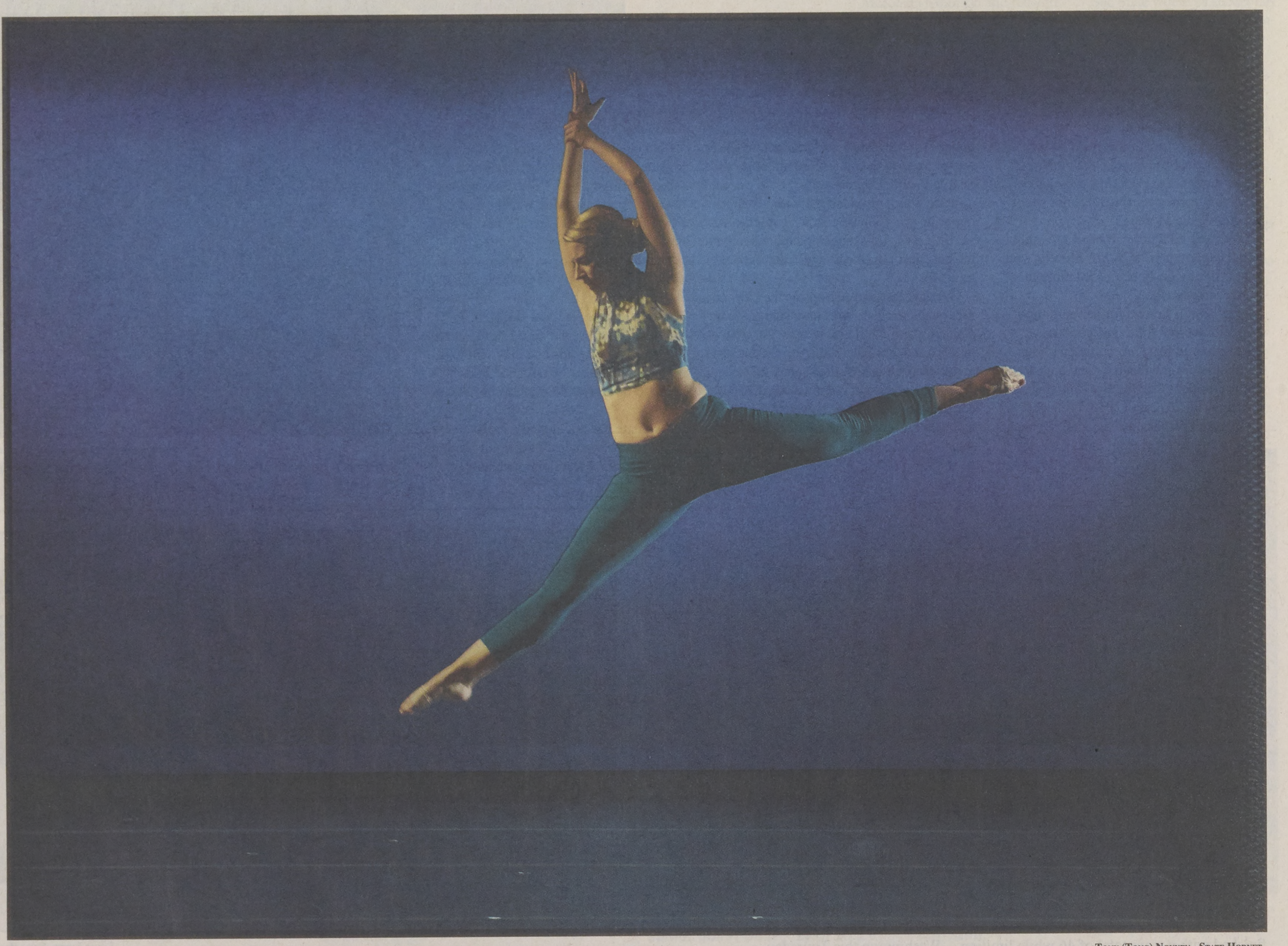
Sac State will look to rebound from their tournament struggles when they begin conference play on the road against Eastern Washington this Thursday.



Logan Smith - State Hornet

The women's volleyball team practices for the Broncos Classic.





TONY (TONG) NGUYEN - STATE HORNET

Sacramento State dancer leaps high above the ground during her performance in the New Moves Dance Collective

New Moves Collective displayed at CSUS

By Briana Swain

Sensual, mesmerizing and sexy are a few of many words that come to mind when watching New Moves Dance Collective.

The New Moves Dance Collective, co-directed by Lorelei Bayne and Philip Flickinger - alongside Student Director Danielle L. M. Johnson -- ran from Sept. 11-15 in the Solano Hall dancespace.

Not having been to a dance performance before, I didn't know what to expect. What would the show be about? Would I understand what was going on? Is this going to hold my attention? These questions and more invaded my mind as I sat down and waited for the show to start.

"There's not a theme or concept and we did that on purpose because we want each choreographer to be able to research wherever they are in their development as an artist," said Lorelei Bayne, Vice Chair and Dance Coordinator of the Theatre and Dance Department.

Ten unrelated pieces were showcased each night and the shows were two hours with a 15 minute intermission.

Although the New Moves Dance Collective didn't have a central theme, the pieces flowed well together and the energy of the performances built upon each other. All performances were original works choreographed by either Sacramento State dance majors, faculty, alumni or community members.

The show started at 6:30 p.m. in a pitch black room with the first piece, titled "Find Your Place," choreographed by Sacramento State student Agata Grzelak.

The first thing that stood out were the soft blues and greens being illuminated in the dance space. The dancers moved fluidly -- almost like water -- as they glided up and down the dance floor.

At first grasping what messages the performances tried to portray is challenging, but as they went on, it starts becomes more obvious.

The show's content was accompanied by various soundtracks with a few performances containing adult situations.

Since there is minimal vocalization used in dance, the choreographers use other means in order to help communicate their messages. Styles of dress, hair, makeup, all become even more important and symbolic.

As the show progressed, one particular work struck me very deeply. "How Do You Feel?", choreographed by 23-year-old dance major Natalie Imbert – was sultry and addicting.

"I was inspired by the time I'm feeling right now and once I heard the song I just had to have it," Imbert said. "I was inspired by the song and I

COLLECTIVE, PAGE B6



TONY (TONG) NGUYEN - STATE HORNET

The quartet "EGG" performs by the Union for an excited crowd in last weeks nooner

EGG scrambles fusion of rock, punk and jazz

By Cesar Alexander

Anyone can make yokes about being an egg, but it takes five guys from Winters, Calif to form the band known as EGG -- last week's live performance at the Wednesday Nooner.

Together Joseph Sanders (guitar/vocals), Nick Hawley (bass), Carlos Figueroa (drums), Chris Patton (trumpet/vocals) and Brett Hendrickson (keys) hail to present a raw fusion of alternative, funk, jazz, punk and psychedelic rock. The band is influenced by bands as Tool and Dredg and their sound is very much like the kids in your local neighborhood who constantly have jam sessions in their garage.

"We're always wondering what to call ourselves, but I guess 'fusion' is the correct word," said Patton.

YOKE, PAGE B5

Nickelodeon show star Grande releases album

By Anisca Miles

Before playing Ariana Grande's new album "Yours Truly," for the first time I was a little hesitant given her "tween" acting background.

Grande starred on a Nickelodeon show titled "Victorious" where she played Cat Valentine, a girl attending a performing arts high school in Hollywood and was the oddest and most annoying character you could ever watch. Her character is portrayed as quite stupid with a weird lack of common sense.

Aside from acting, Grande has also been singing for quite some time. She has starred in several Broadway Musicals -- "13" and "Cuba Libre" -- which both show her wide range of variety. After listening to the album, I could definitely tell she has a ton of vocal experience.

The album begins with the track "Honeymoon Avenue."

GRANDE, PAGE B5

ARIANA GRANDE FACTS:

- **"Yours Truly" debuted at No. 1 on Billboards Top 200 selling 138,000 copies**
- **Grande starred in the popular Nickelodeon show "Victorious"**
- **she has 9,609,344 Twitter followers**
- **Her hit single "The Way" features rapper Mac Miller**

YOKE: EGG performs its psychedelic sound at Sac State

CONTINUED, B4

The band likes to say its name came from a journey to the Amazon where it found a secret egg. The true story is a little less exciting, but they're sticking to the journey story which is a testament to their fun, spirited nature.

"Originally EGG formed as a three piece between Carlos, Joey and Nick," Patton said. "We're just freeloaders."

Hawley gets a lot of credit from his band mates. All fingers point unanimously and exclaim, "Nick" (Hawley) when asked who came up with the band name. He even has a tattoo of an over-easy egg sizzling down the back of his left calf. A clear sign of devotion to the band.

Sanders and Hawley collaborated to write most of the songs' lyrics. The band as a whole is described as a group of guys who want to spread "songs of truth, love and harmony."

The band members went on to talk about the process of songwriting and production and the easiness of building upon riffs as a compatible group.

"Generally, Nick has a riff and then we just build a house on it," Sanders said. "Nick's pretty much the genius of the band."

They also explained how making a final decision on what they like - and want to use - can sometimes be difficult due to the great ideas and contributions of each band member.

"There's just so many of us, we find it hard to write our songs," Patton said.

"Our songs never end," added Figueroa.

EGG live is a hearty blend of jam sessions that skipped across a pond of funk, jazz and a dose of psychedelic rock. As their song "Baloo" states: "That's alright 'cause I'm a goofball positive-type."

Their latest album titled "Overly Easy" came out earlier this year on Feb. 22 and was recorded at The Formulation Room here in Sacramento. EGG considers themselves to be musically at home in the capitol.

In regards to any new music,Hendrickson said, "Sometime next year - probably summerish."

EGG will be performing Thursday at Bisla's at 8 PM. They will also be playing Sept. 27 at Harlow's in Downtown Sacramento.

--

Jessi Naomi will be performing at this Wednesday's Nooner. Naomi is a Blues, R&B, soul singer/songwriter from Humboldt.

Sacramento offers diversity in the field of performing arts

By Briana Swain

Music, dance and art have been around for centuries, but how often do we take the time to fully appreciate these extremely valuable aspects of life?

Let's take a moment to reevaluate why performing arts is so vital, yet often taken for granted.

I sat down with the chairs of the Theatre, Dance and Music Departments for a brief discussion on what makes the performing arts significant to our campus and community.

"Performance is so vital to the development of culture and keeping tradition alive, as well as forging ahead and finding new ways to express ourselves. I think it's absolutely necessary for us as humans," said Lorelei Bayne, Vice Chair and Dance Coordinator of the Theatre and Dance Department.

The performance arts give many students a way to express and challenge themselves - not only personally, but for the community at large as well.

"They are an art form in which we celebrate life. Theatre is life - theatre is art. Sacramento has a very thriving arts community, especially in theatre," said Dr. Melinda Wilson Ramey, Chair of Theatre and Dance Department.

Sacramento is unique in its ability to provide diverse and accessible art to its community that Sacramentans can be proud of and rejoice in.

"The performing arts can be recorded but despite the advances that have been made, there is something unique and wonderful about experiencing live music, theatre or dance that you can't get from a recording. You're able to connect with the performers on the stage, see themw breathe, see them move - and you are able to understand they are mere humans just like you that have achieved something," said Ernie Hills Chair of the Music Department.

The performing arts are something to be experienced and not something that can be replicated to its full capacity by a recording.

"A lot of dance is nonverbal; it really is poetry in motion. You can read between the movements and really gain insight into yourself—mind, body, spirit," Bayne said.

Art is very self-reflective and allows for us to reexamine ourselves in a new light.

"The most unique thing about Sacramento arts is how eclectic it is. There's really a wide variety of artistic activity in our region and that would be reflective of the variety of people that live here," Hills said.

With the eclectic city comes a lot of opportunity for people alike, including a CSU campus which offers a faculty of people who want to help students succeed in their artistic endeavors.

"We're an awesome department; we believe in our students and we have amazing faculty," said Dr. Wilson Ramey.

The faculty here at Sacramento State fully prepares students to thrive post-graduation and sincerely believes in each and every one of them.

The performing arts are vital to our community, and recognizing the important aspects of it makes for a stronger and better connected community. Give yourself the opportunity to become engulfed in the performance arts community as it certainly changes worldviews on life.

GRANDE: Previous generations heard in pop star's new single

CONTINUED, B4

The lyrics metaphorically describe Grande's wish for her relationship to go back to the way it was during the honeymoon stage. She lyrically describes this scene as if she and her boyfriend are in a car driving to their relationships doom. The song goes from a slow soothing song into pop then she throws a little hip-hop in the mix at the end which seems odd but it all meshes together very well.

If you're more of a hip-hop/rap kind of person, there are two songs on the album just for you. When I first heard the album's debut single on the radio, I had no idea it was Grande because the sound was so unexpected. Most of us have already heard the albums first single, "The Way" featuring Mac Miller; depending on what generation you're from, in this song you'll probably hear a sample from Brenda Russell's 70s hit, "A Little Bit of Love," or Big Puns' '98 hit "Still Not a Player."

Although I heard Big Pun, either way the song is great. It's pretty catchy and you can't help but to sing along - even if your voice cracks trying to hit those crazy high notes towards the end of the song. After hearing that song, I was curious about what other songs she'd have on the album that could fit in the hip-hop genre and to my surprise I came across rapper Big Sean on track 3 titled "Right There". This song will definitely take you back to the 90s again, especially thanks to the sample from Lil' Kim's '96 single "Crush On You" -- right away I was hooked.

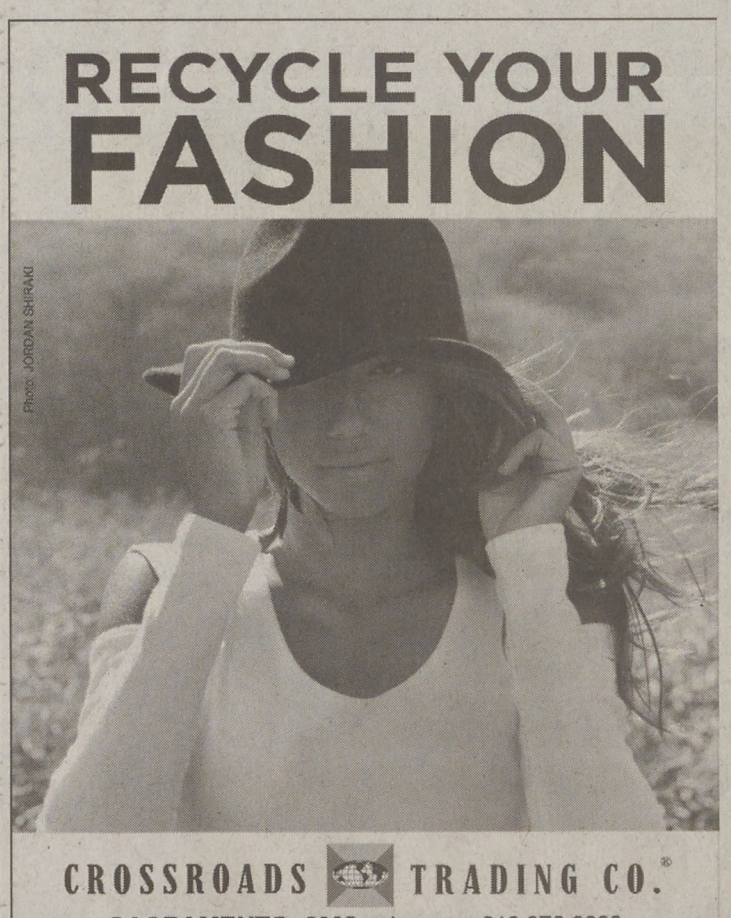
Now, I'd feel like a terrible person if I didn't give you a fair warning about one particular song on the album that will probably make you want to rip your ears off.

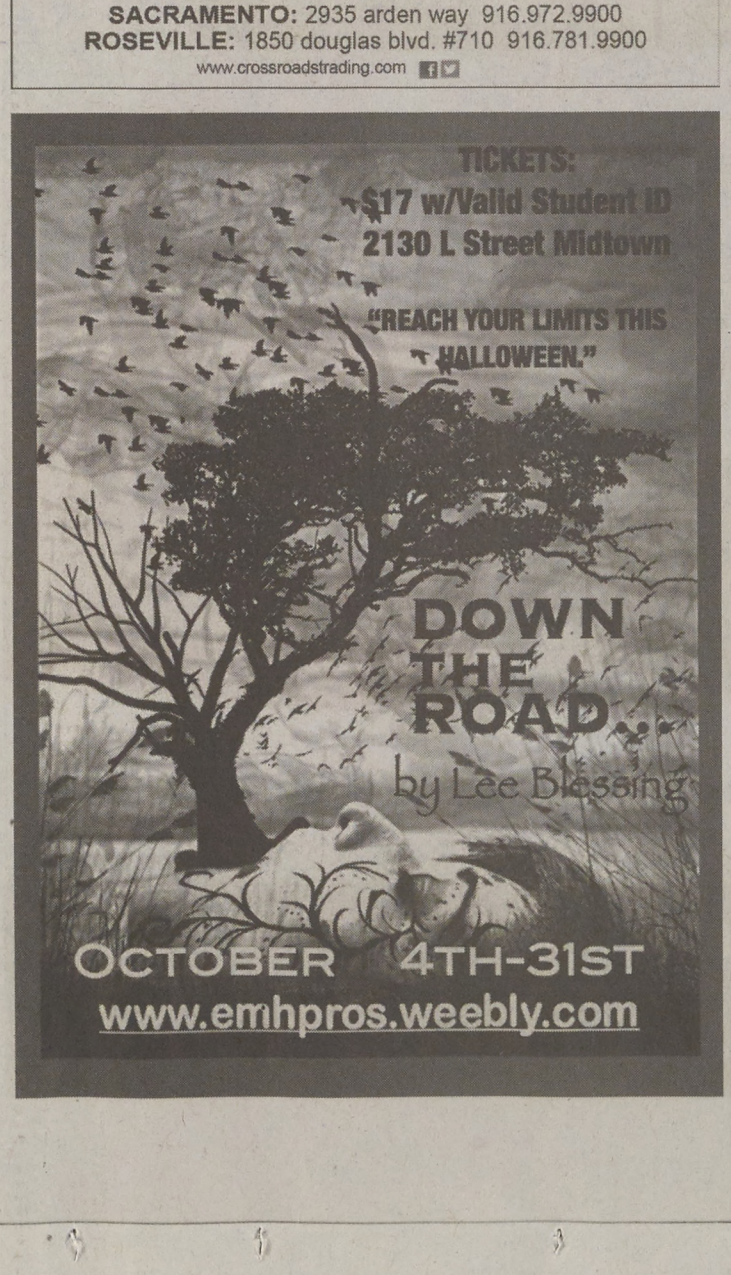
Track number 11, "Popular Song" featuring MIKA, will likely make you feel like you're in middle school again and we all know that's not a good thing. Apparently this song was actually released by MIKA late last year with Grande as a feature.

Even though that song is pretty annoying, Grande makes up for it with the next track, "Better Left Unsaid." This track ends the album perfectly and is one of those songs you could turn up loud and automatically feel like you're in the middle of a house party no matter where you are. That is never a bad thing.

Thanks to the many throwbacks on this album it is nostalgic in many ways. "Yours Truly" will bring you back and forward to different musical eras ranging from 50s doo-wop sounds to today's techno-pop -- all without skipping a beat.

Grande has serious vocal potential and it's always a good thing when an artist can make music for all types of listeners.





Entertaining self-help book assist readers tap into their inner badass

By Anisca Miles

Nobody wants to be caught dead reading a self-help book.

Well, that's the way I felt before I stumbled upon my copy of "You are a Badass – How to Stop Doubting Your Greatness and Start Living an Awesome Life," by Jen Sincero, which was released in April.

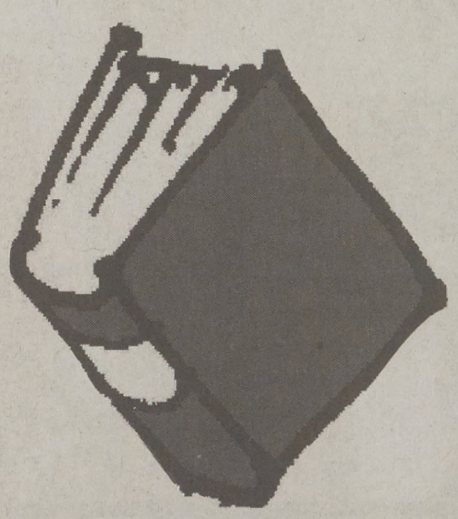
Most self-help books I've come across have been extremely boring and so serious that I couldn't bear to read them and apparently Sincero felt the same way.

In her introduction, Sincero said, "What little I knew about the self-help/spiritual world I found to be unforgivably cheesy: it reeked of desperation, rah rah churchiness and unwanted hugs from unappealing strangers."

Luckily for us, she took it upon herself to do something completely different from the norm in her book.

Sincero has probably written the most entertaining self-help book many readers will ever get in their hands on.

Her past as a rock musician and sex columnist might have something to do with her straight-forward and hilarious style of writing. She definitely does not holding back at all in this book, which made it all the more interesting.



The 254 pages may sound like a lot, but it was such an easy and clear read that I finished it during a five-hour road trip.

The book consists of 27 chapters split into 5 parts: "How You Got This Way", "How To Embrace Your Inner Badass", "How To Tap Into The Motherlode", "How To Get Over Your B.S. Already" and "How To Kick Some Ass".

Reading this book was like talking to a best friend – the one that will tell you like it is no matter the circumstances and that forces you to think outside the box.

The line that instantly got me hooked was, "What do you have to lose?"

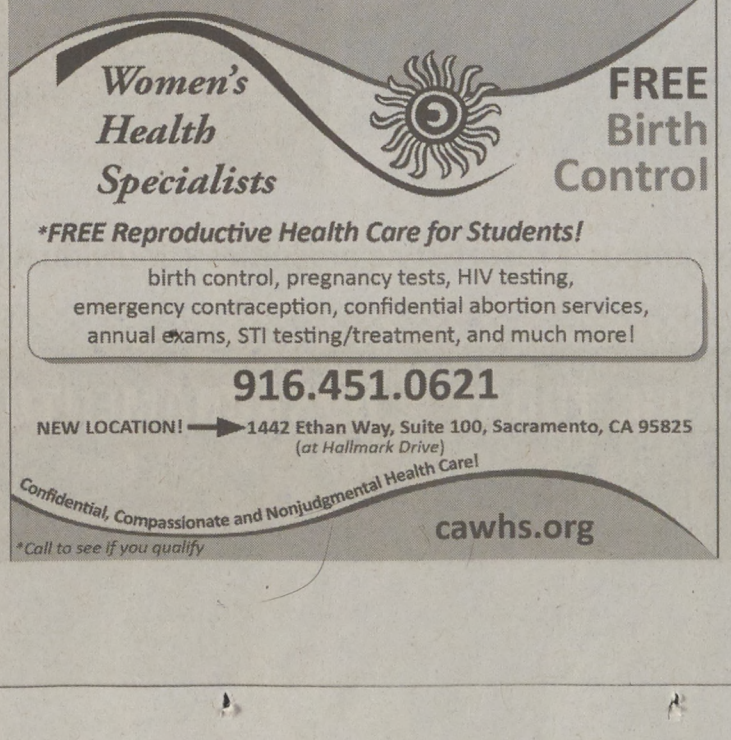
If you try getting through this book and decide it's a bunch of crap, you can go back to your sucky life. But maybe, if you put your disbelief aside, roll up your sleeves, take some risks, and totally go for it, you'll wake up one day and realize you're living the kind of life you used to be jealous of."

Sincero did an amazing job getting her points across without sounding like some know-it-all. She made sure that we as readers realize she didn't start off where she is and it took work for her to be in such a good place in life.

What I admired most about this book is that Sincero realizes that not everybody has the same problems in life – so this book isn't so much about solving any specific issue.

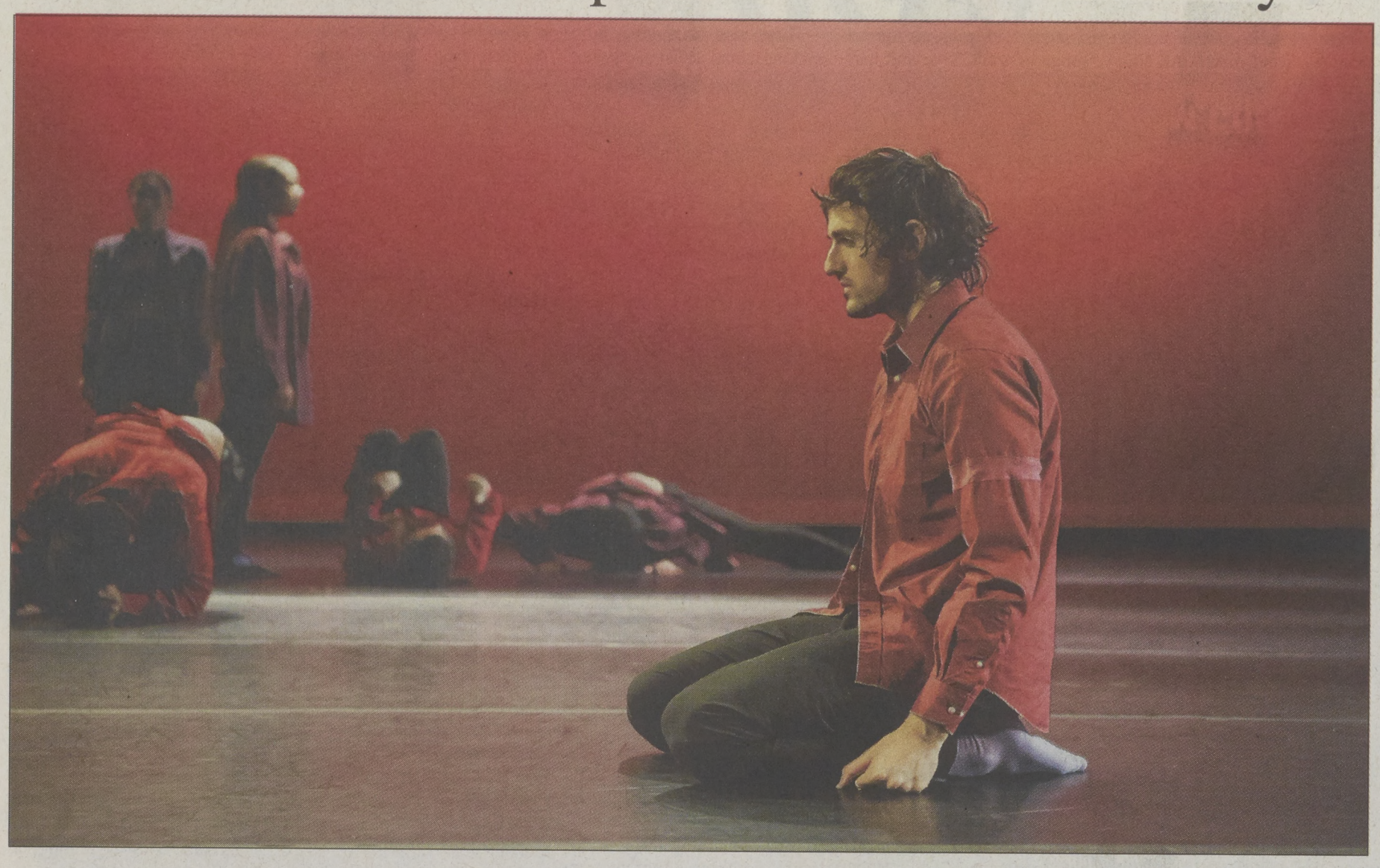
Her gut-busting stories and examples are so perfect that they'll entertain you, make you reflect on the situation and help you think about ways you can apply it to your life.

"You Are A Badass - How to Stop Doubting Your Greatness and Start Living an Awesome Life"
is available on Amazon.com for $11.59.





COLLECTIVE: Dance expresses love and sexuality





TONY (TONG) NGUYEN - STATE HORNET

(Left) Dancer sits quietly against a red backdrop letting his body movement tell the story. (Above) silouette of women pantimimes leaning on a ledge

CONTINUED, B4

asked my dancers to show me how they felt - and then we just started vibing."

The dancers used their bodies to embody love, relationships and female sexuality in a refined manner. It captured the essence of human experience with explosive and bold movements. An eruption of applause spewed from the audience after the performance was over.

At this point, the performances picked up speed and developed a strong rhythm. The New Moves Dance Collective showed one strong piece after another.

The show ended on a solid note choreographed by Sac State alumnus Diego Campos.Campos incorporated spoken word into his work, which helped to better set the mood of the show.

The movements became richer and took on a deeper meaning.

Dancers moved about energetically as they questioned their purpose and the meaning of life. The incorporation of spoken word added a unique twist to Campos' piece, and left audience members with many questions to ponder as they applauded at the show's end.

"I've been in the dance field for at least 30 years and it's been extremely fulfilling," Bayne said. "I'm very inspired by the commitment of the students and I'm very appreciative for all their hard work."

For some, making sense of nonverbal communication is very interesting. Dance is a complex art form and it opens minds to creative and abstract ways of thinking.

The New Moves Dance Collective will cause onlookers to observe and listen more intently as they really have to pay attention to what was being said.

All students should expose themselves to dance and become more familiar with what it offers. It gives a chance for observation and great discussion on what it means to be human while also entertaining and visually stimulating the viewer.

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